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ABSTRACT

Intended to help child care providers show young children how to make healthy food choices, this collection contains standardized recipes and kitchen tips to help providers put together great tasting, nutritious meals that will appeal to young children. The recipe instructions are geared for groups of 25 and 50, and have been tested for product quality, consistency, and yield in child care centers across the country. The collection begins with a section explaining the recipes and how to use them; this is followed by a section of 43 information cards addressing a variety of food service topics such as food storage, and buying and cooking tips. The bulk of the collection comprises the 141 recipes and variations, grouped in the following categories: (1) grains/breads; (2) desserts; (3) dips, sauces, and toppings; (4) salads and salad dressings; (5) sandwiches; (6) snacks; (7) soups; and (8) vegetables. The collection concludes with a guide to safe food handling and sanitation, and a list of resources. (HTH)

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ED 434 727

Child Care Recipes
Food for Health and Fun

PS 027845

From USDA's Child and Adult Care Food Program

U.S. Department of Agriculture • Food and Nutrition Service • FNS-304 • 1999

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Helping children make choices for a bright and *healthy* future...

As a child care professional, you contribute to a child's learning and development in many ways. One of those ways is showing young children how to make choices for a *healthy* future.

In fact, you're in a unique position to provide important messages about food and health. If you care for and teach younger children, you can *introduce* these messages. If you work with school-age children, you can *reinforce* them.

USDA has developed some tools and resources to help you in this important role. This set of recipes is one of the tools provided by USDA to help you accomplish this task.

As you may know, USDA's Team Nutrition has been working in schools to help school food service professionals prepare nutritious, tasty, and appealing meals — and help children learn healthy eating behaviors. These efforts are based on guidance in the *Dietary Guidelines for Americans* and the Food Guide Pyramid.

Now Team Nutrition is creating a series of materials that bring these important messages into child care centers. Earlier this year, we sent you nutrition education materials for children, including *Tickle Your Appetite*.

The recipes in this package will help you tickle children's appetites with nourishing meals and snacks that look good and taste good! Read on for more information about the recipes and the other materials in this package.

DEPARTMENT OF AGRICULTURE
OFFICE OF THE SECRETARY
WASHINGTON, D.C. 20250

Dear CACFP Center Director:

Thank you so much for your hard work every day to provide nutritious, appealing meals for the children you serve. USDA's Team Nutrition is pleased to support your efforts with this updated and expanded version of the *Child Care Recipes: Food for Health and Fun.* This is the first major revision of the *Quantity Recipes for Child Care Centers* since 1979. This collection contains standardized recipes and kitchen tips that will help you put together great tasting, nutritious meals that young children will love.

The recipes were developed in quantities of 25 and 50 servings and have been tested, and retested, for product quality, consistency, and yield in child care centers nationwide. As recommended in the *Dietary Guidelines for Americans*, the recipes help you add variety to your menus, with plenty of fruits, vegetables, and grain products.

In this revised recipe collection you will find:

- 141 new recipes (some recipes have directions for more than one variation)
- 43 information cards which address a variety of food service topics
- A "Working with the Recipes" section which explains the recipes format and how to use them

In addition to the recipe collection, we are providing a food safety publication for child care providers entitled *Keeping Kids Safe: A Guide for Safe Food Handling & Sanitation*. This publication was written by the Food Safety and Inspection Service, USDA. It reinforces the importance of food safety in the CACFP as children under 5 years of age are especially susceptible to foodborne illnesses, which can cause serious side effects. It includes specific safety and sanitation information about such subjects as hand washing, handling of bottles, fundamentals of safe food preparation, using leftovers, food safety for field trips, and a resource list.

Another resource for child care centers is on the drawing board for delivery next year. This is a new Menu Planner for Healthy Child Care Meals.

We hope you will find the enclosed materials useful resources for planning and preparing child care meals that are healthy, look good, and taste great. We believe that they will give you a foundation for an effective nutrition and food safety program for the children in your care.

Sincerely,

Shirley R. Watkins

Shirley R. Watkins
Under Secretary
Food, Nutrition and Consumer Services

Enclosures

About the recipes...

Child Care Recipes: Food for Health and Fun is a collection of 141 new recipes. Many also provide directions for one or more variations, so you'll find more than 180 recipes in all! Each recipe contributes to a reimbursable meal served to children in the Child and Adult Care Food Program (CACFP).

This is USDA's first new or revised set of recipes for child care since 1979, and the recipes reflect recent advances in nutrition knowledge. For example, as recommended in the *Dietary Guidelines for Americans,* the recipes will help you add variety to your menus with plenty of fruits, vegetables, and grain products. They are lower in fat, saturated fat, and sodium than previous recipe collections.

Written for 25 and 50 servings, the recipes can easily be adjusted to serve larger or smaller groups. They were carefully developed and tried – and retried – for product quality, consistency, and yield.

All of the recipes have been tested and approved by child care centers in all regions of the country. From old favorites like pancakes and sloppy joes, to popular new dishes like taco salad and Mexican pizza, we think these new recipes will help you put together and serve great tasting, nutritious meals and snacks that children will love.

The recipe package has three sections...

1

- **A set of 43 information cards that address a variety of food service topics. You will find:**

- Program Guidance	...in Cards 1 and 2
- Tips on Food Safety and Food Storage	...in Cards 3 through 9
- Tips on Selecting and Serving Foods	...in Cards 10 through 15
- Preparation Tips	...in Cards 16 through 25
- Cooking Tips	...in Cards 26 through 34
- Tips on Using Specific Ingredients	...in Cards 35 through 43

2

- A section called "Working with the Recipes" that explains the recipe format and how to work with it.

3

- The recipes cards, grouped in nine sections:
  - A - Grains/Breads
  - B - Desserts
  - C - Dips, Sauces, and Toppings
  - D - Main Dishes
  - E - Salads and Salad Dressings
  - F - Sandwiches
  - G - Snacks
  - H - Soups
  - I - Vegetables

All of the recipes are standardized.

Why? Because standardized recipes will help you keep meal quality up and keep preparation time and production costs down. And, you can achieve the same excellent results – meal after meal.

Making mealtime educational and fun...

As you read through the recipes, keep in mind that it's not just good food that makes mealtime a quality time. A pleasant environment – and a chance to visit with friends – also make a big difference.

Here are some tips to help make meals and snacks educational as well as fun:

- Enlist children's parents in your efforts to help children learn about healthy eating choices.
- Sit with children at mealtime so that you can be a role model.
- Keep trying to introduce new foods. It sometimes takes more than one try.
- Keep portions small. Too much food can overwhelm a child.
- Make mealtime a *fun* time – a time to visit with friends and practice social interactions.

HAVE YOU GOT MEAL APPEAL?

Meals and snacks are important times for the children in your care. Are you looking for ways to make mealtime educational and fun – and a positive social experience, too?

Here are some things to think about and some ideas you might want to add to your list:

- **How does the meal look?** Is it colorful? Is it attractively presented and served in an interesting way? Is the table set in an orderly way?
- **Mealtime is a time to share.** Be sure to share yourself with the children at mealtime. It's a time you can learn about the children, and the children can learn about you. And, the children can learn about *each other* by sharing little stories and anecdotes.
- **Mealtime is a time to learn about food.** Help children be open to new foods, with encouraging words such as: "Try a tiny taste first, you might like it!" Explain where this food came from – who grew it, other ways it might be eaten, other foods which are similar.
- **Mealtime can be a chance to learn new skills.** A simple reminder such as "Did you wash your hands?" helps children learn about hygiene. And, pleasant manners make mealtime more fun for everyone. Even very young children can understand "Please and thank you" – the golden keys that open many a door.
- **Food can be fun-fun-fun.** There are lots of ways to make eating fun. Finger foods are always appealing. Children can feel the texture and shapes of foods with their fingers and have fun putting them in their mouths.
- **Keep the servings small.** Too much food is overwhelming to small children. And, they can always *ask* for more!
- **Finally, don't forget the clean-up!** Children like to feel they are contributing to mealtime activities. For example, you might teach them how to clear the table. It will help save you time and steps, too.

Working With the Recipes

Contents

- ♦ What's Special About the New Recipes? .... Page 2
- ♦ What the Recipes Will Help You Do .... Page 3
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  - Ingredients
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  - Directions
  - Portion size, yield, variations
  - Marketing guide for selected items
  - Nutrients per serving
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- ♦ Appendix: Sample Recipe Conversion Worksheet .... Page 31

To help you use the new recipes from USDA, this guide:

- provides background on how the recipes were selected, developed, and field-tested
- takes you through each section of the recipe format, explaining how the information is organized
- explains and demonstrates the uses of the nutrient analysis provided for each recipe
- includes instructions on substituting ingredients and adjusting recipes, as well as tips for maximizing quality

What's Special About the New Recipes?

What's special about the new recipes? Plenty!

For one thing, the recipes reflect what's happening with nutrition today.

They include lots of fruits, vegetables, and grains, and they'll help you add variety. You'll also find them to be as low in fat as possible, without losing flavor and appeal.

A menu of these new recipes will be a *healthy* experience for children. You'll be giving them needed nutrients and energy—without a lot of added fat. You'll also be helping them *learn* what it means *to eat for good health.*

The recipes will help you "win children over" with some exciting new flavors... and help you prepare some of their all-time favorites in ways that make them more healthful.

A palette of diverse cultures is presented here. You'll find, for example, Vegetable Frittata and Mexican Pizza from South-of-the-Border...and Chicken Stir-Fry and Teriyaki Chicken from the Orient.

Adding a taste of Europe are such things as Toasted Cheese and Tomato Sandwich from England, Herbed Broccoli and Cauliflower Polonaise from Poland, and Minestrone, Vegetable Lasagna, and Pizzaburgers from Italy.

The recipes have been carefully developed with children's TASTES and their good HEALTH in mind.

To support the goal of low fat, the recipes call for reduced-fat mozzarella and cheddar cheeses as well as reduced-fat mayonnaise, lowfat milk, and lowfat yogurt.

Versions of lower fat favorites are included, such as brownies that use applesauce as a fat substitute. The taste of the recipes is the same familiar one, just the fat content has been changed.

The use of low-sodium soup and gravy bases helps to reduce the sodium level in the recipes.

AND, the recipes have been designed with YOU—the food preparer—in mind.

We hope, as you read through, and finally, use these recipes you will get a sense of our efforts to tailor the recipes to your needs. We've written the recipes with a limited number of steps, bearing in mind the equipment which you might have available.

What the Recipes Will Help You Do...

The standardized recipes in this packet are designed to help you serve healthy, attractive breakfasts, lunches, and snacks that will appeal to children. To meet the needs of today's child care programs, recipes must:

- be acceptable to children
- be economical
- be lower in fat and moderate in the use of added salt
- use the minimum number of ingredients and steps for preparation
- make maximum use of USDA-donated commodities
- accommodate regional and local needs and preferences

By using these recipes, you should be able to do the following:

1) Ensure product quality.

The recipes developed for this project were field-tested in child care centers in seven regions across the United States.

Taste panels of adults, and later children, rated products for their texture, taste, aroma, appearance, and overall quality. As a result of this testing, the recipes were adapted to meet the needs and preferences of children.

2) Accurately predict number of portions.

This will allow you to simplify purchasing procedures, reduce the amount of unnecessary inventory, and eliminate excessive amounts of leftovers.

3) Adjust the flavoring of each recipe to meet the expectations of the children you serve in your center.

Many of the recipes provide information concerning additional ingredients that can be used to adjust the overall flavor of a recipe to more closely meet regional preferences. You'll find these listed on individual recipe cards under optional ingredients or in a section called "Special Tips."

4) Obtain maximum benefit from the use of USDA-donated foods.

Because centers sometimes use USDA-donated foods in preparing meals, many of the recipes were developed and tested using available USDA commodities. This will help ensure that the final product of any recipe produced in the field will meet the same high standards for *quality* and *quantity* intended by the recipe developers.

5) Evaluate the nutritional value of each of the recipes.

You will find nutrition facts at the end of each recipe in a section called "Nutrients Per Serving." All of the recipes have been developed with the goal of expanding variety, reducing the overall level of added fat, and increasing dietary fiber.

6) Evaluate what each recipe contributes toward meeting the meal pattern requirements of USDA's Child and Adult Care Food Program (CACFP).

For your convenience, the recipe format includes information on the food component contribution of one portion. For example, a recipe might specify: "1 serving provides the equivalent of 1 slice of bread."

7) Increase employee confidence.

The recipes provide clear, concise directions that cover all aspects of production. This will help improve employee morale by reducing the confusion associated with non-standardized recipes.

First-rate results will also boost morale. The recipes are reliable and will produce consistent, high-quality meals. Employees will be confident and proud that they are serving the best quality products available.

Quality - Quality - Quality

The items you serve to each child are only as good as the quality of ingredients put into each recipe!

To ensure first-rate results:

- **Purchase the finest quality possible.**
If the brand of lemon gelatin you select is weakly flavored because it is inexpensive, you will not have a strong lemon flavor in the end product.

If the brand of chicken base has "salt" listed as the first ingredient, meaning it is the predominant ingredient, your Chicken Chowder will not have a meaty chicken flavor.

- **Store and handle carefully.**
If the broccoli you put into the Broccoli Salad is wilted, the salad will not be crisp. And, many nutrients will be lost by the time you serve it.

If the frozen green beans in the Vegetable Medley have been improperly handled by either the distributor or you—thawed and refrozen, thawed and refrozen—your end product will not be of the best quality possible.

Purchase from reliable sources and check your storage and handling procedures to assure topnotch *quality - quality - quality*.

- **Check your cooking techniques.**
If your cakes and brownies are overbaked because you are not using an oven thermometer to maintain exact oven temperatures, they will be dried out, tough, and crumbly.

If the stir-fry is not cooked in batches, or if it is *held* for a long period of time, the vegetables will not be brightly colored and crispy. They will be limp and uninviting.

Batch-cooking is cooking in small quantities to maintain high quality throughout the serving period. Each preparation should not exceed what can be served in 15 minutes. This means there will be *continuous* cooking throughout the meal to guarantee quality.

Working With the New Recipes

On the following pages, we'll take a close look at how the information is organized on the recipe cards.

In this first example, the top section of the Chicken Stir-Fry recipe is highlighted.

At the top of the card, you'll find:

- the recipe title
- the recipe's contribution toward meeting CACFP meal pattern requirements
- the recipe file location—in other words, the recipe's category and number, such as "D-18" for Chicken Stir-Fry

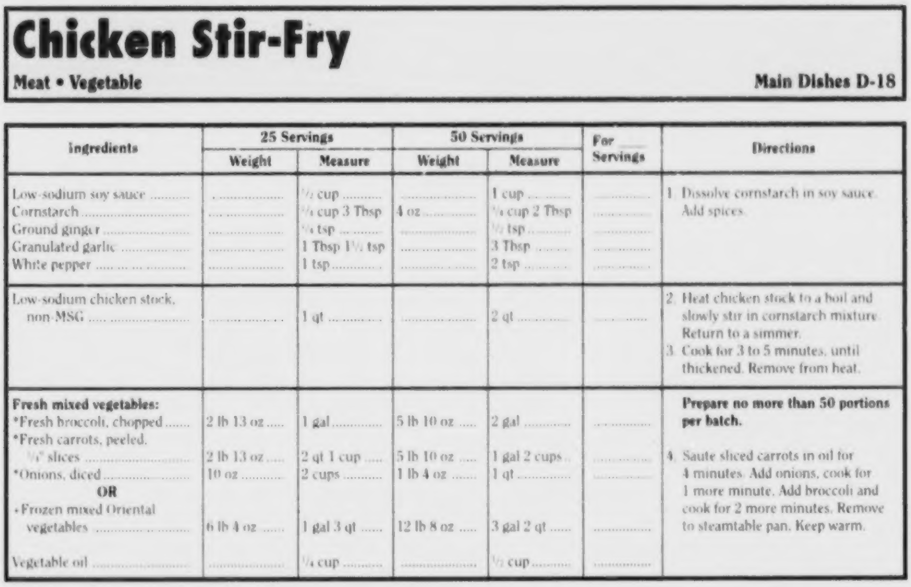
Here are more details on each:

■ The recipe title

Recipe titles have been kept as straightforward as possible. Descriptive words related to regions, texture, or flavor have been avoided. Phonetic pronunciations have been provided for the recipes when necessary.

■ The recipe's contribution to CACFP meal pattern requirements

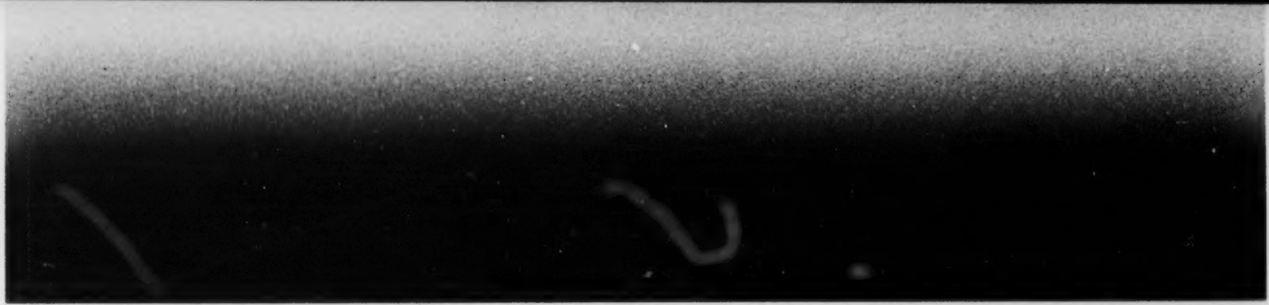
This indicates the general area or areas in which a particular recipe contributes toward meeting CACFP meal pattern requirements. Our sample recipe, Chicken Stir-Fry, contributes to both the Meat and Vegetable components.



Chicken Stir-Fry

Meat • Vegetable **Main Dishes D-18**

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Low-sodium soy sauce		½ cup		1 cup		1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch		¼ cup 3 Tbsp	4 oz	¾ cup 2 Tbsp		
Ground ginger		¼ tsp		½ tsp		
Granulated garlic		1 Tbsp 1½ tsp		3 Tbsp		
White pepper		1 tsp		2 tsp		
Low-sodium chicken stock, non-MSG		1 qt		2 qt		2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
Fresh mixed vegetables:						**Prepare no more than 50 portions per batch.**
*Fresh broccoli, chopped	2 lb 13 oz	1 gal	5 lb 10 oz	2 gal		
*Fresh carrots, peeled, ¼" slices	2 lb 13 oz	2 qt 1 cup	5 lb 10 oz	1 gal 2 cups		4. Saute sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steamtable pan. Keep warm.
*Onions, diced	10 oz	2 cups	1 lb 4 oz	1 qt		
OR						
•Frozen mixed Oriental vegetables	6 lb 4 oz	1 gal 3 qt	12 lb 8 oz	3 gal 2 qt		
Vegetable oil		¼ cup		½ cup		



Recipe file location

The packet of recipes has been divided into nine basic categories. They are as follows:

A. Grains/Breads
B. Desserts
C. Dips, Sauces, and Toppings
D. Main Dishes
E. Salads and Salad Dressings
F. Sandwiches
G. Snacks
H. Soups
I. Vegetables

Please note that Category G, Snacks, *is new*.

Each recipe in the collection has been assigned: (1) a specific category and (2) a number indicating its place within this category.

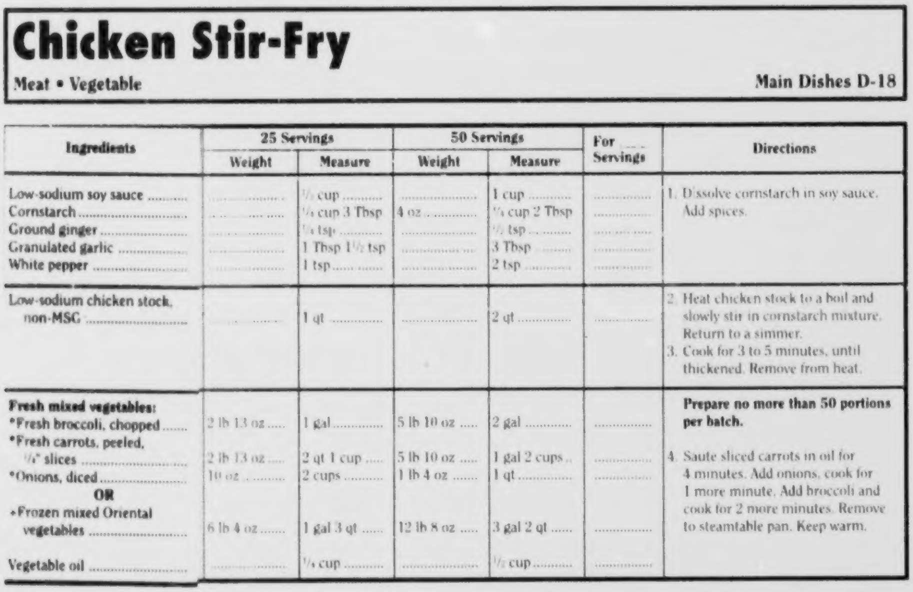
For example, a recipe with a designation of B-17 would indicate that this recipe is Number 17 within the Desserts category.

Ingredients

In this next example, the *first column* of the Chicken Stir-Fry recipe is highlighted. This section lists the ingredients.

- **First, note *the order* in which ingredients are listed:**

Ingredients are listed in the same order as they are required for production. Horizontal lines separate into groups the ingredients that are used together.



Chicken Stir-Fry

Meat • Vegetable | **Main Dishes D-18**

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Low-sodium soy sauce		1/2 cup		1 cup		1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch		1/4 cup 3 Tbsp	4 oz	3/4 cup 2 Tbsp		
Ground ginger		1/4 tsp		1/2 tsp		
Granulated garlic		1 Tbsp 1 1/2 tsp		3 Tbsp		
White pepper		1 tsp		2 tsp		
Low-sodium chicken stock, non-MSG		1 qt		2 qt		2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
Fresh mixed vegetables:						**Prepare no more than 50 portions per batch.**
*Fresh broccoli, chopped	2 lb 13 oz	1 gal	5 lb 10 oz	2 gal		
*Fresh carrots, peeled, 1/4" slices	2 lb 13 oz	2 qt 1 cup	5 lb 10 oz	1 gal 2 cups		4. Saute sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steamtable pan. Keep warm.
*Onions, diced	10 oz	2 cups	1 lb 4 oz	1 qt		
OR						
+Frozen mixed Oriental vegetables	6 lb 4 oz	1 gal 3 qt	12 lb 8 oz	3 gal 2 qt		
Vegetable oil		1/4 cup		1/2 cup		

- **Second, note *the form* in which ingredients are listed.**

You'll see that our sample recipe specifies:

Fresh carrots, peeled, 1/4" slices.

This tells you the carrots are to be purchased fresh, then peeled and sliced into 1/4"-thick slices prior to being used in the recipe.

The purchase state of the ingredient (such as fresh, frozen, canned) appears before the ingredient name. And, the form of the ingredient (such as peeled, sliced, etc.) comes after the ingredient name.

In order to obtain the maximum possible quality during production, it is *very important* that you follow the recipe exactly. The *purchase state* (fresh, canned, frozen, etc.) of your ingredients and *the form* (peeled, sliced, etc.) should always be the same as listed in the recipe.

All of the recipes will be equally successful whether USDA-donated commodity foods or commercially available ingredients are used. However, where possible, the recipes have been developed and standardized using USDA commodity products.

When purchasing ingredients...

- **Select the best possible quality.**

The quality of the final product will rely heavily on the quality of ingredients used.

- **Purchase products that will produce the "healthiest" overall product.**

For example, our sample recipe for Chicken Stir-Fry calls for chicken stock, non-MSG (without monosodium glutamate). When purchasing bases, select brands that do *not* contain MSG and have a moderate level of sodium (salt).

Read food labels carefully. Food manufacturers must list ingredients in descending order by weight. So, if salt is the first ingredient listed, you know that the product contains more salt than anything else.

■ Alternative ingredients

Alternative ingredients are listed in many of the recipes to give you flexibility when ordering. They may also help you accommodate limitations in labor or equipment.

This example shows how alternative ingredients appear in the recipe format. Several lines are highlighted.

As you can see, alternative ingredients are listed on separate lines and divided by the word "**OR**." It is important that you select only *one* of the options provided. Do *not* add both the primary and the alternative ingredients to the recipe.

In the Chicken Stir-Fry example:

You may choose to use the fresh mixed vegetables listed in the ingredients.

OR

You may choose to use the alternative, frozen mixed Oriental vegetables.

Chicken Stir-Fry

Meat • Vegetable

Main Dishes D-18

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Low-sodium soy sauce		½ cup		1 cup		1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch		¼ cup 3 Tbsp	4 oz	¼ cup 2 Tbsp		
Ground ginger		¼ tsp		½ tsp		
Granulated garlic		1 Tbsp 1½ tsp		3 Tbsp		
White pepper		1 tsp		2 tsp		
Low-sodium chicken stock, non-MSG		1 qt		2 qt		2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
Fresh mixed vegetables:						**Prepare no more than 50 portions per batch.**
•Fresh broccoli, chopped	2 lb 13 oz	1 gal	5 lb 10 oz	2 gal		
•Fresh carrots, peeled, ¼" slices	2 lb 13 oz	2 qt 1 cup	5 lb 10 oz	1 gal 2 cups		4. Saute sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steamtable pan. Keep warm.
•Onions, diced	10 oz	2 cups	1 lb 4 oz	1 qt		
OR						
•Frozen mixed Oriental vegetables	6 lb 4 oz	1 gal 3 qt	12 lb 8 oz	3 gal 2 qt		
Vegetable oil		¼ cup		½ cup		

Optional ingredients

Some of the recipes include optional ingredients. These are typically used for seasoning and garnishing. If an ingredient is optional, the word "(optional)" will immediately follow it on the ingredient list.

Optional ingredients may be used to increase a recipe's appeal in a particular area or region. While certain ingredients may be preferred by children in some regions of the country, they may not appeal to others.

Optional ingredients may also be used to change the meal pattern contribution. However, it's important to note that optional ingredients are *not included* in the meal pattern contribution or in the nutrition facts listed under "Nutrients Per Serving."

It's also important to note that there are no special instructions under "Directions" for using the optional ingredients.

Weights and measures for 25 and 50 servings

In this example, the *center* of the recipe format is highlighted. This section provides the quantities you will need for producing 25 and 50 portions of the recipe.

Weight measurements are given for dry and solid ingredients.

The weight measurements are written in pounds (lb) and ounces (oz).

Chicken Stir-Fry

Meat • Vegetable **Main Dishes D-18**

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Low-sodium soy sauce		½ cup		1 cup		1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch		¼ cup 3 Tbsp	4 oz	¾ cup 2 Tbsp		
Ground ginger		¼ tsp		½ tsp		
Granulated garlic		1 Tbsp 1½ tsp		3 Tbsp		
White pepper		1 tsp		2 tsp		
Low-sodium chicken stock, non-MSG		1 qt		2 qt		2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
Fresh mixed vegetables:						**Prepare no more than 50 portions per batch.**
*Fresh broccoli, chopped	2 lb 13 oz	1 gal	5 lb 10 oz	2 gal		
*Fresh carrots, peeled, ¼" slices	2 lb 13 oz	2 qt 1 cup	5 lb 10 oz	1 gal 2 cups		4. Saute sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steamtable pan. Keep warm.
*Onions, diced	10 oz	2 cups	1 lb 4 oz	1 qt		
OR						
+Frozen mixed Oriental vegetables	6 lb 4 oz	1 gal 3 qt	12 lb 8 oz	3 gal 2 qt		
Vegetable oil		¼ cup		½ cup		

Because it is sometimes necessary to use volume measure, the volume equivalents are also provided for the dry and solid ingredients if the amount is more than 2 ounces.

Volume measurements are given for liquid ingredients. The volume measurements include:

- teaspoons (tsp)
- tablespoons (Tbsp)
- cups
- quarts (qt)
- gallons (gal)

Spices, flavorings, and other ingredients of 2 ounces or less are given a volume measurement since most scales are not able to measure such a small quantity accurately.

A note about baking:

When measuring dry ingredients you will be using in a baked product, it is very important that you measure the ingredients by weight whenever possible. This is because even slight variations in measurement can alter the quality of the final product.

Consider the following:

- One pound of *unsifted* all-purpose flour can range from 2½ cups to 4 cups.

- One pound of *sifted* all-purpose flour can range from 3 cups to 4½ cups.

These examples make it easy to see why measuring the flour for a baked product only by *volume* can result in an inconsistent product.

■ Directions

In our next example, the far-right column is highlighted. This section lists all the steps needed to prepare the recipe.

Each step is numbered in sequence and is directly across from the ingredients to which it applies. To facilitate production, closely related steps are grouped together with horizontal lines separating the groups.

The directions *include* instructions on:

- mixing speeds and times
- cooking procedures
- panning procedures
- baking times and temperatures
- portioning directions
- garnishing and serving instructions

The directions *do not* account for any advance preparation work that must be done in order to prepare the ingredients for recipe production. However, when scheduling, it is important to account for this pre-preparation phase.

While the pre-preparation work may be minimal for some recipes, other recipes may benefit if some of the basic pre-preparation work is completed well in advance of the actual production.

Chicken Stir-Fry

Meat • Vegetable **Main Dishes D-18**

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Low-sodium soy sauce		1/2 cup		1 cup		**1. Dissolve cornstarch in soy sauce. Add spices.**
Cornstarch		1/4 cup 3 Tbsp	4 oz	1/4 cup 2 Tbsp		
Ground ginger		1/4 tsp		1/2 tsp		
Granulated garlic		1 Tbsp 1 1/2 tsp		3 Tbsp		
White pepper		1 tsp		2 tsp		
Low-sodium chicken stock, non-MSG		1 qt		2 qt		**2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.** **3. Cook for 3 to 5 minutes, until thickened. Remove from heat.**
Fresh mixed vegetables:						**Prepare no more than 50 portions per batch.** **4. Saute sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steamtable pan. Keep warm.**
*Fresh broccoli, chopped	2 lb 13 oz	1 gal	5 lb 10 oz	2 gal		
*Fresh carrots, peeled, 1/4" slices	2 lb 13 oz	2 qt 1 cup	5 lb 10 oz	1 gal 2 cups		
*Onions, diced	10 oz	2 cups	1 lb 4 oz	1 qt		
OR						
+Frozen mixed Oriental vegetables	6 lb 4 oz	1 gal 3 qt	12 lb 8 oz	3 gal 2 qt		
Vegetable oil		1/4 cup		1/2 cup		

For example, if you complete the pre-preparation work for the Baked Whole Wheat Doughnut recipe *the day before it is to be served*, you'll get a better quality product in *less* time. This is stated in Step 4 of the directions.

We encourage you to read over the directions provided for each of the recipes carefully *before* you begin production. Use them as you would a road map before starting out on a trip, and keep in mind the following:

In order to obtain the maximum possible quality and nutritional value from each recipe, all of the procedures outlined in this section of the recipe must be followed *precisely*.

For example, when you read the recipe for Chicken Stir-Fry, you will see in Step 4:

> *Prepare no more than 50 portions per batch.*

This is important because if you prepare more than 50 portions (50 servings) per batch, you will be holding the product too long. It will lose its crispness, color, and nutritional value.

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The recipe format also includes a variety of other useful information, such as:

- portion size
- the contribution of each serving to child care meal pattern requirements
- yield for 25 and 50 servings
- variations
- marketing guide for selected items
- nutrients per serving

You will find this information on the last page of each recipe. Most recipes are two pages long, however, some are three or four.

Again using the Chicken Stir-Fry example, let's first look at portion size, contribution to meal pattern requirements, and yield. This information is given under the headings "Serving" and "Yield," as shown in the following highlighted bands.

■ Serving

The portion size and the suggested portioning tools are listed here.

SERVING: **1 cup (2 No. 8 scoops) provides**
2 oz of meat and 5/8 cup of vegetable

■ Contribution to child care meal pattern requirements

This section of the recipe format provides information on the specific contribution of each serving toward meal pattern requirements.

Looking at our sample recipe, a 1-cup portion (2 No. 8 scoops) of Chicken Stir-Fry contributes 2 ounces of *cooked, lean meat* and 5/8 cup of *vegetable*. Another recipe might show that 1 portion contributes the equivalent of 1 slice of bread.

■ Yield

The total recipe yield for both 25 and 50 servings is stated in weight (pounds, ounces). For some recipes, the total yield is also stated by volume (gallons, cups).

YIELD: **25 servings: 11 lb 10 oz**
50 servings: 23 lb 4 oz

Variations

Some of the recipes in the collection include instructions for a variation (or variations) of the basic recipe, and others do not. In our Chicken Stir-Fry example below, two variations are given.

If a recipe has a variation, follow all of the standard directions in the basic recipe, changing only those specified in the variation instructions.

All of the variations have been tested and standardized using the same procedures outlined in the basic recipe. As a result, you can be sure of product quality and yield.

However, it's important to remember that the meal pattern contribution and the nutrient analysis apply to the *basic recipe only*.

Variations:

a. Beef Stir-Fry

25 servings: Follow Steps 1 through 4. In Step 5, use 5 lb 2 oz of boneless beef top round, cut in 1/2" cubes. Saute beef cubes for 2 to 3 minutes, until no signs of pink remain.

50 servings: Follow Steps 1 through 4. In Step 5, use 10 lb 4 oz of boneless beef top round, cut in 1/2" cubes. Saute beef cubes for 2 to 3 minutes, until no signs of pink remain.

b. Pork Stir-Fry

25 servings: Follow Steps 1 through 4. In Step 5, use 5 lb 12 oz of boneless pork shoulder or loin, cut in 1/2" cubes. Saute pork cubes for 3 to 5 minutes, until no signs of pink remain.

50 servings: Follow Steps 1 through 4. In Step 5, use 11 lb 9 oz of boneless pork shoulder or loin, cut in 1/2" cubes. Saute pork cubes for 3 to 5 minutes, until no signs of pink remain.

■ Marketing Guide for Selected Items

The Marketing Guide for Selected Items provides special purchasing information on foods that will sustain trimming loss during pre-production. These foods are marked with an asterisk (*) in the ingredients column of the recipe format.

In the Chicken Stir-Fry example below, you'll see information given for three ingredients. Turning back to page 12, you'll see each of these has an asterisk preceding it.

What you need to know:

For items marked with an asterisk, the quantity listed under "Weight" and "Measure" in the recipe is the EP (Edible Portion). This is the quantity required for production and therefore does not account for trimming loss.

The Marketing Guide shows the AP (As Purchased) quantity required when ordering. In our example, 6 pounds 15 ounces of broccoli must be *purchased* (AP) in order to yield 5 pounds 10 ounces (EP), the amount required to produce 50 portions of Chicken Stir-Fry.

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Broccoli	3 lb 8 oz	6 lb 15 oz	....
Carrots	4 lb	8 lb 1 oz	....
Onions	12 oz	1 lb 7 oz	....

Nutrients Per Serving

As you can see in the Chicken Stir-Fry example below, this section of the recipe format provides information on 12 nutrients.

The nutrients shown on each recipe are:

- calories
- protein
- carbohydrate
- total fat
- saturated fat
- cholesterol
- vitamin A
- vitamin C
- iron
- calcium
- sodium
- dietary fiber

Three nutrients – fat, saturated fat, and iron – have been calculated to the tenth of a unit. All others have been rounded to the nearest whole unit. When the level of one of these nutrients is .4 or less, it is shown as 0.

All of the recipes in this collection were analyzed for their nutritive value. For a more detailed explanation of the nutrient analysis, see page 23 of this manual.

For information on the steps taken to reduce the amount of fat in these new recipes, see page 25.

Nutrients Per Serving

Calories	208	Saturated Fat	1.4 g	Iron	1.5 mg
Protein	22 g	Cholesterol	47 mg	Calcium	51 mg
Carbohydrate	12 g	Vitamin A	1355 RE/13640 IU	Sodium	251 mg
Total Fat	8.1 g	Vitamin C	46 mg	Dietary Fiber	3 g

Special Tips

Some of the recipes include Special Tips. On the Chicken Stir-Fry, for example, you'll find the following:

Special Tips:

1) For an authentic Oriental flavor, substitute 2 Tbsp of sesame oil for 2 Tbsp of vegetable oil to saute the chicken, for each 25 servings.

2) Fresh vegetable mixes can be varied to include combinations of bean sprouts, broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.

Here's another example, this one from the recipe for Cheese Ribbon Sandwich.

Special Tip:

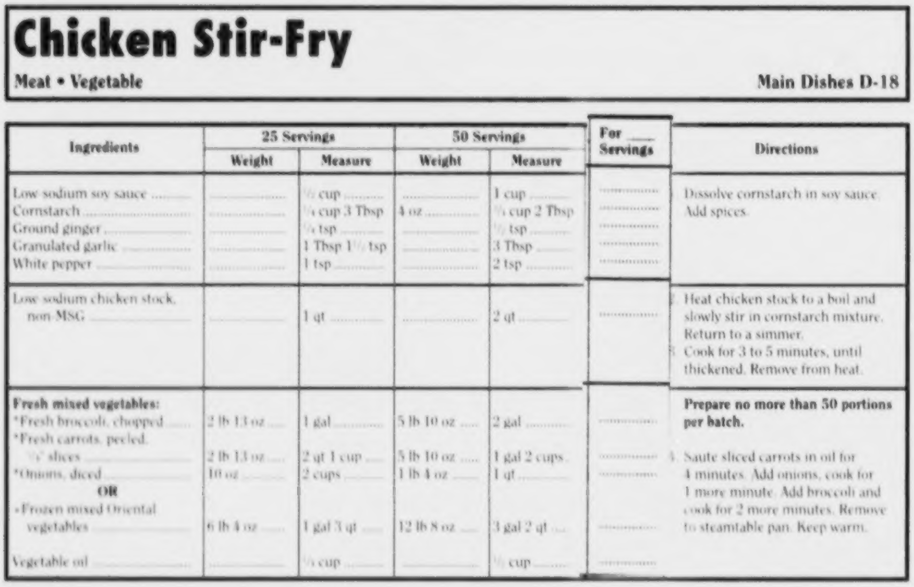
1) Attractive garnishes include unpeeled apple slices, grapes, or carrot chips.

As you can see from these examples, the Special Tips offer information that can help you in a variety of ways. Some, like the first Special Tip in the Chicken Stir-Fry, offer advice on increasing the authenticity of the recipe. Others may:

- offer ways to make production easier
- suggest optimal methods for storage
- provide alternative serving suggestions
- suggest appropriate garnishes

Adjusting Recipe Yields

Each recipe lists the quantities you will need to produce 25 and 50 servings. However, to meet your specific needs, you may need to adjust the number of servings. To help you do this, the recipe format includes a column entitled "For _____ Servings." This column is highlighted in the example below.



Chicken Stir-Fry

Meat • Vegetable **Main Dishes D-18**

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Low sodium soy sauce		½ cup		1 cup	……	1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch		¼ cup 3 Tbsp	4 oz	¾ cup 2 Tbsp	……	
Ground ginger		¼ tsp		½ tsp	……	
Granulated garlic		1 Tbsp 1½ tsp		3 Tbsp	……	
White pepper		1 tsp		2 tsp	……	
Low sodium chicken stock, non-MSG		1 qt		2 qt	……	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
Fresh mixed vegetables:						**Prepare no more than 50 portions per batch.**
*Fresh broccoli, chopped	2 lb 13 oz	1 gal	5 lb 10 oz	2 gal	……	
*Fresh carrots, peeled, ¼" slices	2 lb 13 oz	2 qt 1 cup	5 lb 10 oz	1 gal 2 cups	……	4. Saute sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steamtable pan. Keep warm.
*Onions, diced	10 oz	2 cups	1 lb 4 oz	1 qt	……	
OR						
•Frozen mixed Oriental vegetables	6 lb 4 oz	1 gal 3 qt	12 lb 8 oz	3 gal 2 qt	……	
Vegetable oil		⅓ cup		⅔ cup	……	

How will you use this column?

Using a worksheet similar to the one on page 22, you'll first determine the new quantities you will need. Then you'll write in the new amounts in the spaces provided in the "For _____Servings" column.

Let's convert an actual recipe from the new collection.

We'll begin by describing the proper method to use. Then we'll go through each step in two examples, using the recipe for Beef and Spaghetti Casserole. In one example, we'll *reduce* the recipe yield. In the other, we'll *increase* it.

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■ To adjust the yield of a USDA standardized recipe, use the following method:

Step 1: Determine the total yield of the original recipe.
To do this, multiply the original number of portions by the original portion size.

____________	×	____________	=	____________
original number of portions		original portion size		original yield

Step 2: Determine the total new yield. Multiply the total number of portions you want by the desired portion size.

____________	×	____________	=	____________
desired number of portions		desired portion size		total new yield

Step 3: Determine the "multiplying factor." Divide the total new yield by the original yield.

____________	÷	____________	=	____________
new yield		original yield		multiplying factor

Step 4: Determine the new quantity of each ingredient. Multiply each ingredient by the multiplying factor.

____________	×	____________	=	____________
multiplying factor		original quantity (of each ingredient)		new quantity

Place the new quantity for each ingredient in the appropriate space in the "For _____ Servings" column.

■ Now let's convert a recipe from the new collection in these two examples:

Example 1: Reducing a Standardized Recipe

Using the recipe for Beef and Spaghetti Casserole, we're going to *reduce* the yield from 25 to 15 servings. The individual portion size will remain 4 ounces.

In the following calculation, we use water as a sample ingredient. The original recipe calls for 1 qt ½ cup of water (36 oz) for 25 servings.

1. ***What is the total yield of the original recipe?***

25	×	4 oz	=	100 oz
original number of portions		original portion size		original yield

2. ***What is the total new yield?***

15	×	4 oz	=	60 oz
desired number of portions		desired portion size		total new yield

3. ***What is the multiplying factor?***

60 oz	÷	100 oz	=	0.60
total new yield		original yield		multiplying factor

4. ***What is the quantity of water needed for 15 servings?***

0.60	×	36 oz (1 qt ½ cup)	=	21.6 oz (2⅔ cups)
multiplying factor		original quantity		new quantity

Place 21.6 oz (2⅔ cups) on the line opposite water in the "For ______Servings" column.

Example 2: Increasing a Standardized Recipe

Now let's *increase* the recipe yield from 25 to 60 servings.
Portion size will remain 4 ounces. And we'll once again use water as a sample ingredient.

1. *What is the total yield of the original recipe?*

25	×	4 oz	=	100 oz
original number of portions		original portion size		original yield

2. *What is the total new yield?*

60	×	4 oz	=	240 oz
desired number of portions		desired portion size		total new yield

3. *What is the multiplying factor?*

240 oz	÷	100 oz	=	2.4
total new yield		original yield		multiplying factor

4. *What is the quantity of water needed for 60 servings?*

2.4	×	36 oz (1 qt $1/2$ cup)	=	86.4 oz (2 qts $2^2/3$ cups)
multiplying factor		original quantity		new quantity

Place 86.4 oz (2 qts $2^2/3$) cups on the line opposite water in the "For ______ Servings" column.

On page 22, you'll find a sample filled-in conversion sheet, increasing number of portions from 25 to 60.
On page 31, you'll find a blank recipe conversion sheet to use in converting other USDA recipes.

RECIPE CONVERSION WORKSHEET

Recipe Title: Beef and Spaghetti Casserole

Multiplying Factor 2.4

Number of Portions (Old Yield) 25

Number of Portions (New Yield) 60

Ounces/Portion (Old Yield) 4

Ounces/Portions (New Yield) 4

Total Recipe Yield (oz) 100

Total New Yield (oz) 240

Ingredient	Old Quantity (from recipe)	Old Quantity (in workable form)	Times	Multiplying Factor	Equals	New Quantity	New Quantity (to write on recipe)
Ground beef	3 lb 4 oz	52 oz	×	2.4	=	124.8 oz	7 lb 8 oz
Onions, minced	6 oz	6 oz	×	2.4	=	14.4 oz	14 oz
Tomato paste	1 lb 2 oz	18 oz	×	2.4	=	43.2 oz	2 lb 11oz
Water	1 qt 1/2 cup	36 oz	×	2.4	=	86.4 oz	2 qts 2 2/3 cups
Sugar	1 Tbsp 1 tsp	-	×	2.4	=	9.6 tsp	3 Tbsp 1/2 tsp
Dry basil leaves	3/4 tsp	-	×	2.4	=	1.8 tsp	1 3/4 tsp
Dry oregano leaves	3/4 tsp	-	×	2.4	=	1.8 tsp	1 3/4 tsp
Salt	3/4 tsp	-	×	2.4	=	1.8 tsp	1 3/4 tsp
Garlic powder	2 tsp	-	×	2.4	=	4.8 tsp	1 3/4 tsp
Black pepper	3/4 tsp	-	×	2.4	=	1.8 tsp	1 3/4 tsp
Spaghetti broken	13 oz	13 oz	×	2.4	=	31.2 oz	1 lb 15 oz

■ A note about working with non-standardized recipes

As we've already seen, the total yield of each of the recipes in this packet has already been calculated and is indicated on the recipe card. However, there may be times when you want to use this same method to adjust the yield of a non-standardized recipe. In these instances, you will need to do extra calculations.

For example, in working with non-standardized recipes, it's a good idea to confirm the total yield of the recipe by adding the quantities of all ingredients used. In addition, you may need to convert all of the quantities to ounces before you can calculate the total yield. For your convenience, this training manual includes a chart with basic units of measure and their equivalencies on page 28.

More Information on the Nutrition Facts

Thanks to the nutrition facts on each recipe, you can see at a glance what an individual serving provides in terms of the following 12 nutrients:

calories
protein
carbohydrate
total fat
saturated fat
cholesterol
vitamin A
vitamin C
iron
calcium
sodium
dietary fiber

This information can help you plan balanced, nutritious meals. For example, if you decide to serve Chicken Stir-Fry:

> You may wish to select an item higher in iron to serve as a second choice since one serving of the Stir-Fry contains only 1.5 mg of iron.
>
> And, since the vitamin A content of the Chicken Stir-Fry is high, you may decide to offer a dessert that's high in another nutrient.

The nutrient analysis was done by computer, using the Agricultural Research Service's nutrient analysis software and the "USDA Nutrient Database for Standard Reference."

Here's some additional information on the nutrient analysis that may be helpful as you work with the recipes:

- Each recipe was analyzed for its nutritive value using *primary ingredients only.* Alternative and optional ingredients were not included.

- The type and quantity of each primary ingredient was entered into the nutrient analysis software program based on the *market form* (as purchased) given in the recipe – for example, fresh, frozen, or canned.

- Adjustments for yield, nutrient retention, and moisture/fat changes were also calculated. As a result, the final nutrient analysis of the recipe reflects the final "cooked or prepared" product.

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To illustrate this process, let's look at how the nutrient analysis was determined for the Chicken Stir-Fry recipe, using carrots as an example.

Since the recipe calls for "fresh carrots" as a primary ingredient, the food code selected from the "USDA Nutrient Database for Standard Reference" – and entered into the computer – was "Carrots, raw."

The quantity for "fresh carrots, peeled" (as stated on the recipe card) was also entered.

Next, a nutrient retention factor for "stir-fried vegetable" (based on Agricultural Research Service data) was entered to reflect nutrient changes during the cooking process.

Finally, any moisture and/or fat loss (or gain) that would occur during cooking was entered to calculate the final recipe weight and nutrient analysis.

The New Recipes Reduce Fat Without Losing Flavor

As you work with these recipes, you'll find that they yield reduced levels of fat. This is one important way the recipes are consistent with the Dietary Guidelines. The recipes successfully minimize fat without losing flavor because of careful attention given to both:

- **ingredients**
- **and cooking techniques**

In developing and testing the recipes, USDA made sure the ingredients were purchased in a lowfat form, provided the overall quality of the product was not affected. For example:

- All raw meat ingredients were specified to be lowfat. The ground beef, for instance, had no more than 24 percent fat. Where possible, it was cooked prior to adding it to the product so the fat could be drained.
- Chicken was either purchased skinless or the skin was removed prior to cooking.
- Mayonnaise and dairy products, such as milk, yogurt, and cheese, were purchased in the lowfat form provided this did not lessen the final quality.

In addition, main entrees were prepared with a minimal amount of fat. For example:

- No products were fried.
- All sauteed items were prepared with a small amount of oil.

Baked goods were also specially prepared. For example:

- The amount of margarine or butter was reduced.
- Whole eggs were sometimes replaced with egg whites.

You can use these same techniques to reduce fat without losing flavor in the recipes you already have.

Some Tips on Modifying and Standardizing Recipes

***Any* recipe can be modified to reflect new tastes or changing needs. The recipes in this collection may give you ideas for modifying the recipes you're already using – by adding or substituting new ingredients, for example, and changing your cooking techniques.**

As you make changes, it's important to modify first, then standardize.

Standardized recipes have many advantages. A standardized recipe is one that has been tried, adapted, and retried several times for use by a given food service operation and has been found to:

- produce the same good results and yield every time when the exact procedures are used with the same type of equipment and the same quantity and quality of ingredients.

Using a standardized recipe ensures that:

- the same amount of product is produced each time
- the same portion size is provided each time

Menu planning can be more consistent because:

- there is a predictable yield
- costs are easier to control
- inventory is easier to control

In addition, when the same good results can be produced time after time:

- food preparers have more confidence in what they are doing and need less supervision
- and managers can be sure the meal pattern contribution of a recipe will be accurate as long as ingredients and preparation methods remain the same

When you decide to modify a recipe, start by making 25 portions. In addition:

- Change *only one ingredient* at a time. Keep other ingredients the same as in the original recipe.
- Record clear descriptions of foods substituted in exact amounts.
- If increasing or decreasing an ingredient, do so in increments of one-fourth to one-half of the amount called for in the original recipe.
- Follow preparation instructions closely and record any changes you may make.
- Do not make further changes or a larger size recipe until the first modification has produced a high-quality product.

Once you have successfully prepared 25 portions of a recipe you are modifying:

- Set up taste panels to evaluate the product for appearance, consistency, texture, flavor, and overall acceptability.
- Reproduce at 50 servings before increasing the recipe to a larger number if needed for your meal service.
- Instruct food service personnel about how and why recipes have been modified.

It's important to also:

- Weigh the total volume of recipes at 25 and 50 servings and record the weights.
- Weigh each serving and record the weight.

The weight of the total recipe and the weight of each serving are important for meal pattern requirements and nutrient analysis.

Reference

Weights and Measures Equivalencies

3 teaspoons	= 1 tablespoon	(1/2 fluid ounce)
2 tablespoons	= 1/8 cup	(1 fluid ounce)
4 tablespoons	= 1/4 cup	(2 fluid ounces)
5 1/3 tablespoons	= 1/3 cup	(2 2/3 fluid ounces)
8 tablespoons	= 1/2 cup	(4 fluid ounces)
10 2/3 tablespoons	= 2/3 cup	(5 1/3 fluid ounces)
12 tablespoons	= 3/4 cup	(6 fluid ounces)
14 tablespoons	= 7/8 cup	(7 fluid ounces)
16 tablespoons	= 1 cup	(8 fluid ounces)
2 cups	= 1 pint	
2 pints	= 1 quart	
4 quarts	= 1 gallon	
1 gram	= 0.035 ounces	
1 ounce	= 28.35 grams	
16 ounces	= 1 pound	
1 pound	= 454 grams	
1 kilogram	= 2.21 pounds	

Metric Conversion Table

To change	To	Multiply by
ounces (oz)	grams (g)	28.35
pounds (lb)	kilograms (kg)	0.45
teaspoons (tsp)	milliliters (ml)	5
tablespoons (Tbsp)	milliliters (ml)	15
fluid ounces (fl oz)	milliliters (ml)	30
cups (c)	liters (L)	0.24
pints (pt)	liters (L)	0.47
quarts (qt)	liters (L)	0.95
gallons (gal)	liters (L)	3.8

Basic Cuts and Shapes

1. *Small dice:* ¼-inch cube
2. *Medium dice:* ½-inch cube
3. *Large dice:* 1-inch cube
4. *Julienne:* ¼-inch square by 1 to 2 inches long
5. *French fry:* ¼- to ½-inch square by 3 to 4 inches and longer
6. *Mince:* To chop into very fine pieces
7. *Shred:* To cut into thin strips by using a grater or a chef's knife
8. *Chop:* To cut into pieces roughly the same size

Appendix

Sample Blank Recipe Conversion Worksheet

RECIPE CONVERSION WORKSHEET

Recipe Title: ______________________

Multiplying Factor ____________

Number of Portions (Old Yield) ____________

Number of Portions (New Yield) ____________

Ounces/Portion (Old Yield) ____________

Ounces/Portions (New Yield) ____________

Total Recipe Yield (oz) ____________

Total New Yield (oz) ____________

Ingredient	Old Quantity (from recipe)	Old Quantity (in workable form)	Times	Multiplying Factor	Equals	New Quantity	New Quantity (to write on recipe)
			×		=		
			×		=		
			×		=		
			×		=		
			×		=		
			×		=		
			×		=		
			×		=		
			×		=		
			×		=		
			×		=		

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Child Care Meal Patterns

What are meal patterns?

The following two pages show the meal patterns you will use in planning and preparing child care meals through USDA's Child and Adult Care Food Program (CACFP).

A meal pattern is the set of food components, food items, and minimum quantities required for a breakfast, supplement (snack), or lunch or supper for a specific age group of children.

What are the age groups for child care meal patterns?

An important step in planning and preparing meals through CACFP is determining the age group (or groups) you will be serving and selecting the correct meal pattern for these children.

The age groups are designed to reflect the differing nutritional needs of children. For children ages 1 through 12 years old, child care meal patterns for CACFP are divided into three age groups. In years, they are:

Ages 1 through 2
Ages 3 through 5
Ages 6 through 12

CHILD CARE MEAL PATTERNS

The following meal patterns show food components and minimum required portion sizes by age.

BREAKFAST	Ages 1-2	Ages 3-5	Ages 6-12
MILK (must be fluid milk)	1/2 cup	3/4 cup	1 cup
JUICE -or- FRUIT -or- VEGETABLE	1/4 cup	1/2 cup	1/2 cup
GRAINS/BREADS			
A serving is a bread or bread alternate and/or cereal			
Bread, enriched or whole grain	1/2 slice	1/2 slice	1 slice
Cereal, enriched or whole grain			
Cold dry cereal (1)	1/4 cup*	1/3 cup**	3/4 cup***
-or-			
Hot cooked cereal	1/4 cup	1/4 cup	1/2 cup

SUPPLEMENT (SNACK)	Ages 1-2	Ages 3-5	Ages 6-12
Select 2 of the 4 components shown. If you select milk as one of the components, you may not serve fruit juice as the other.			
MILK (must be fluid milk)	1/2 cup	1/2 cup	1 cup
MEAT or MEAT ALTERNATE			
Meat, poultry, or fish, (cooked, lean meat without bone)	1/2 oz	1/2 oz	1 oz
Cheese	1/2 oz	1/2 oz	1 oz
Egg	1/2	1/2	1
Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup

Peanut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Nuts and/or seeds (2)	½ oz	½ oz	1 oz
Yogurt, plain or sweetened (3)	2 oz	2 oz	4 oz
JUICE -or- FRUIT -or- VEGETABLE	½ cup	½ cup	¾ cup
GRAINS/BREADS			
A serving is bread or bread alternate and/or cereal			
Bread, enriched or whole grain	½ slice	½ slice	1 slice
Cereal, enriched or whole grain			
Cold dry cereal (1)	¼ cup*	⅓ cup**	¾ cup***
-or-			
Hot cooked cereal	¼ cup	¼ cup	½ cup

LUNCH OR SUPPER

MILK (must be fluid milk)	½ cup	¾ cup	1 cup
MEAT or MEAT ALTERNATE			
Meat, poultry, or fish, (cooked, lean meat without bone)	1 oz	1½ oz	2 oz
Cheese	1 oz	1½ oz	2 oz
Egg	1	1	1
Cooked dry beans and peas	¼ cup	⅜ cup	½ cup
Peanut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp
Nuts and/or seeds (2)	½ oz	¾ oz	1 oz
Yogurt, plain or sweetened (3)	4 oz	6 oz	8 oz

VEGETABLE and/or FRUIT

Serve two different vegetables and/or fruits to equal	1/4 cup	1/2 cup	3/4 cup

GRAINS/BREADS

Serve a bread or bread alternate to equal	1/2 slice	1/2 slice	1 slice

NOTES:

(1) If you are serving cold dry cereal for a breakfast or supplement:

*	For ages 1-2, serve:	1/4 cup (volume) or 1/3 oz (weight), whichever is less.
**	For ages 3-5, serve:	1/3 cup (volume) or 1/2 oz (weight), whichever is less.
***	For ages 6-12, serve:	3/4 cup (volume) or 1 oz (weight), whichever is less.

(2) If you are serving nuts and seeds: This portion can meet only one-half of the total serving of the meat/meat alternate requirement for lunch or supper. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement.

For determining combinations:

1 oz of nuts or seeds = 1 oz of cooked lean meat, poultry, or fish

CAUTION:
Children under 4 years of age are at the highest risk of choking. For this age group USDA recommends that nuts and/or seeds be ground or finely chopped and served to children in prepared food.

(3) Commercially prepared yogurt is now permitted as a meat/meat alternate. You may serve 4 oz (weight) or 1/2 cup (volume) of plain, sweetened, or flavored yogurt to fulfill the equivalent of 1 oz of the meat/meat alternate component.

For younger children, 2 oz (weight) or 1/4 cup (volume) fulfills the equivalent of 1/2 oz of the meat/meat alternate requirement.

Acceptable Grains/Breads

What makes a product acceptable to serve as a grains/breads item for CACFP?

The first thing to remember is that a full serving of a grains/breads product must contain at least 14.75 grams (.52 oz) of *whole-grain or enriched flour or meal.*

- A full serving is required for children 6 years of age and older.
- A half serving is the minimum required for children under 6 years of age.

How will you know a particular product contains enough whole-grain or enriched flour or meal?

There are a number of different ways. The one you choose will depend on whether you are using a recipe or buying a commercial product.

If you are using your own recipe...

... you can calculate this yourself as shown on pages 8 and 9.

If you are using a USDA standardized recipe from this package...

... refer to the crediting of each recipe. Look, for example, at Pineapple Scones, Recipe A-1. Under the heading "SERVING," you will see the following: "1 scone provides the equivalent of 1½ slices of bread."

If you are buying a commercial product...

... the manufacturer can supply you with this information;

... or you can consult USDA guidance materials, such as the lists shown on page 10. These lists show equivalent minimum serving sizes for a wide variety of purchased food items.

How will you use the USDA lists of equivalent minimum serving sizes for purchased items?

For each group of foods, you will find minimum weights for a full serving, a half serving, and a one-quarter serving. Cornbread, for example, is listed in Group C.

Here's how you will use this information:

If you are serving a child 6 years or older, you need to provide a *full serving.* Looking at the column at right, you see that a full serving of cornbread needs to weigh at least 31 grams (or 1.1 oz) to contain the required 14.75 grams of whole-grain or enriched flour or meal.

If you are serving a child younger than 6 years old, you need to provide at least a *half serving.* You see that a *half serving* of cornbread must weigh at least 16 grams (or .6 oz).

What else is important to know about grains/breads?

When making decisions about which recipes to use and which products to buy, keep in mind the following important considerations:

1) USDA recommends that cookies, granola bars, and similar foods be served in a *supplement* (snack) no more than *twice* a week.

2) Doughnuts, coffee cakes, and sweet rolls are allowed as a bread item in *breakfasts and supplements* only.

3) French, Vienna, Italian, and Syrian breads are commercially prepared products that often are made with *unenriched* flour. Check the label or ask the manufacturer to be sure the product is made with *enriched* flour.

4) The amount of *dried* bread in a half serving of stuffing should weigh at least 10 grams (.4 oz).

5) Whole-grain, enriched, or fortified breakfast cereals (cold, dry, or cooked) are traditionally served as a breakfast item, but may be served in meals other than breakfast.

CALCULATING THE GRAIN CONTRIBUTION IN A RECIPE

You have a recipe that will make 25 corn muffins. Since it is not a USDA standardized recipe, you do not know what one muffin will contribute to meeting the grains/breads requirement. How will you calculate this?

1. *Start with basic information about minimum requirements*:

   ONE full serving of a grains/breads product must contain at least 14.75 grams (.52 oz) of whole-grain or enriched flour or meal.

2. *List the ingredients per 25 servings and the quantity of grain stated in pounds.*

   Your recipe calls for 8 ounces all-purpose flour and 3 ounces yellow cornmeal for 25 servings.

3. *Multiply the quantity of grains by the number of grams per pound (454 grams = 1 pound.)*

   You convert ounces to pounds. Using Information Card 18, you see that 8 oz = .5 lb and 3 oz = .1875 lb. You multiply .5 by 454 and .1875 lb by 454. This tells you how many grams of flour and cornmeal are in 25 servings. Add grams of flour and grams of cornmeal, and you get total grams of grains (312.125 grams).

4. *Divide the total grams of grains by 25 servings.*

   This tells you the number of grams per serving of whole-grain or enriched flour in each muffin (12.485 grams).

5. *Divide the number of grams per serving by 14.75.* (A FULL serving of grains/breads requires 14.75 grams of whole-grain or enriched flour or grain.) You will get .8464 grams.

Round DOWN to the nearest ¼ of a serving.

This tells you what one muffin contributes to meeting the requirement for one full serving of enriched or whole-grain flour, cereal, or meal. Completing the calculations, as shown below, you determine that one of these corn muffins will provide the equivalent of ¾ slice of bread.

Whole-grain or enriched flour and/or meal	Quantity needed for 25 servings (in pounds)	Multiplied by 454 grams (g) (1 lb = 454 g)
All-purpose flour	**8 oz = .5 lb**	**.5 x 454 = 227**
Yellow cornmeal	**3 oz = .1875 lb**	**.1875 x 454 = 85.125**

CALCULATIONS:

1. *To get total grams of grain in 25 servings, you add:*

   227 plus 85.125 = 312.125

2. *To get grams of grain in each muffin, you divide:*

   312.125 by 25 = 12.485

3. *To determine grain contribution, you divide:*

   12.485 by 14.75 = .8464

4. *You round DOWN to the nearest ¼ of a serving:*

   .8464 rounds down to .75 (¾) of a serving

5. *You have determined that 1 serving (1 muffin) provides the equivalent of ¾ slice of bread.*

   A half serving is the minimum required for children under 6 years of age. For children 6 years of age and older, a full serving is required.

A GUIDE TO EQUIVALENT MINIMUM SERVING SIZES

The following charts show minimum serving sizes for a wide variety of purchased products. Keep in mind that a half serving is the minimum required for children under 6 years of age. For children 6 years of age and older, a full serving is required.

GROUP A

- Bread type coating
- Bread sticks (hard)
- Chow mein noodles
- Crackers (saltines and snack crackers)
- Croutons
- Pretzels (hard)
- Stuffing (dry)
  Note: Weights apply to bread in stuffing.

MINIMUM SERVING SIZE FOR GROUP A

1 serving = 20 gm or 0.7 oz
3/4 serving = 15 gm or 0.5 oz
1/2 serving = 10 gm or 0.4 oz
1/4 serving = 5 gm or 0.2 oz

SUMMARY: When you buy items from Group A, a full serving should have a minimum weight of 20 gm (or 0.7 oz). A *half serving* should have a minimum weight of 10 grams (0.4 oz).

GROUP B

- Bagels
- Batter type coating
- Biscuits
- Breads (white, wheat, whole wheat, French, Italian)
- Buns (hamburger and hot dog)
- Crackers (graham crackers - all shapes, animal crackers)
- Egg roll skins
- English muffins
- Pita bread (white, wheat, whole wheat)
- Pizza crust
- Pretzels (soft)
- Rolls (white, wheat, whole wheat, potato)
- Tortillas (wheat or corn)
- Tortilla chips (wheat or corn)
- Taco shells

MINIMUM SERVING SIZE FOR GROUP B

1 serving = 25 gm or 0.9 oz
3/4 serving = 19 gm or 0.7 oz
1/2 serving = 13 gm or 0.5 oz
1/4 serving = 6 gm or 0.2 oz

SUMMARY: When you buy items from Group B, a full serving should have a minimum weight of 25 grams (0.9 oz). A *half serving* should have a minimum weight of 13 grams (0.5 oz).

GROUP C

- Cookies (plain)
- Cornbread
- Corn muffins
- Croissants
- Pancakes
- Pie crust (dessert pies, fruit turnovers, and meat/meat alternate pies)
- Waffles

MINIMUM SERVING SIZE FOR GROUP C

1 serving = 31 gm or 1.1 oz
3/4 serving = 23 gm or 0.8 oz
1/2 serving = 16 gm or 0.6 oz
1/4 serving = 8 gm or 0.3 oz

SUMMARY: When you buy items from Group C, a full serving should have a minimum weight of 31 grams (1.1 oz). A *half serving* should have a minimum weight of 16 grams (0.6 oz).

GROUP D

- Doughnuts (cake and yeast raised, unfrosted)
- Granola bars (plain)
- Muffins (all, except corn)
- Sweet roll (unfrosted)
- Toaster pastry (unfrosted)

MINIMUM SERVING SIZE FOR GROUP D

1 serving = 50 gm or 1.8 oz
3/4 serving = 38 gm or 1.3 oz
1/2 serving = 25 gm or 0.9 oz
1/4 serving = 13 gm or 0.5 oz

SUMMARY: When you buy items from Group D, a full serving should have a minimum weight of 50 grams (1.8 oz). A *half serving* should have a minimum weight of 25 grams (0.9 oz).

GROUP E

- Cookies (with nuts, raisins, chocolate pieces and/or fruit purees)
- Doughnuts (cake and yeast raised, frosted or glazed)
- French toast
- Grain fruit bars
- Granola bars (with nuts, raisins, chocolate pieces and or/fruit)
- Sweet rolls (frosted)
- Toaster pastry (frosted)

MINIMUM SERVING SIZE FOR GROUP E

1 serving = 63 gm or 2.2 oz
3/4 serving = 47 gm or 1.7 oz
1/2 serving = 31 gm or 1.1 oz
1/4 serving = 16 gm or 0.6 oz

SUMMARY: When you buy items from Group E, a full serving should have a minimum weight of 63 grams (2.2 oz). A *half serving* should have a minimum weight of 31 grams (1.1 oz).

GROUP F	MINIMUM SERVING SIZE FOR GROUP F
• Cake (plain, unfrosted) • Coffee cake	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz

SUMMARY: When you buy items from Group F, a full serving should have a minimum weight of 75 grams (2.7 oz). A *half serving* should have a minimum weight of 38 grams (1.3 oz).

GROUP G	MINIMUM SERVING SIZE FOR GROUP G
• Brownies (plain) • Cake (all varieties, frosted)	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz

SUMMARY: When you buy items from Group G, a full serving should have a minimum weight of 115 grams (4 oz). A *half serving* should have a minimum weight of 58 grams (2 oz).

GROUP H	MINIMUM SERVING SIZE FOR GROUP H
• Barley • Breakfast cereals (cooked) • Bulgur or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown)	1 serving = 1/2 cup cooked (or 25 gm dry)

SUMMARY: When you buy items from Group H, a full serving should have a minimum of 1/2 cup cooked product (25 grams dry). A *half serving* should have a minimum of 1/4 cup cooked product (or 13 grams dry).

GROUP I	MINIMUM SERVING SIZE FOR GROUP I
• Ready-to-eat breakfast cereal (cold dry)	1 serving = 3/4 cup or 1 oz, whichever is less

SUMMARY: When you serve items from Group I, a full serving should measure 3/4 cup or weigh 1 ounce, whichever is less. A *half serving* should measure 3/8 cup or weigh 0.5 ounce, whichever is less.

Keeping Food Safe to Eat

Here are eight important guidelines for keeping the food you serve safe to eat. Below are more details on each.

1. **Know and follow health department codes.**
2. **Handle and store food properly.**
3. **Practice good personal hygiene.**
4. **Keep equipment and facilities clean and sanitized.**
5. **Keep hot foods above 140°F.**
6. **Cook or heat food to the recommended temperature.**
7. **Cool food quickly.**
8. **Keep cold foods below 40°F.**

1. Know and follow health department codes.

Food handling, sanitation, and safety in child care centers are regulated by state, county, and city health department codes. Become familiar with the local regulations to prevent food-borne illness.

2. Handle and store food properly.

Be aware of the condition in which perishable foods are delivered. Be sure frozen foods are frozen solid and refrigerated foods feel cold. Certain factors can shorten a food's useful life, such as too much handling or improper temperature control before delivery.

Don't permit juices from raw meat, poultry, or seafood to touch ready-to-eat foods, such as salad greens, either in the refrigerator or during preparation. Store these raw foods on the refrigerator's *bottom shelf* to prevent their juices from coming in contact with other foods.

Date incoming food items to help rotate stock properly. Placing oldest food in front will help you make sure these foods are used on a "First-In, First-Out" basis (FIFO).

3. Practice good personal hygiene.

ALL employees need to practice good personal hygiene. Be sure to:

- Restrain hair by using a hairnet or hat.
- Wash hands frequently — between *each* step of food preparation. Use a *separate* hand sink, not sinks used for food preparation or dishwashing.
- Wash hands properly with *soap* and *hot* water.
- Use *disposable* towels for drying hands.
- Cough or sneeze into *disposable* tissues ONLY, and wash hands afterwards. Do not sneeze or cough on food. Always wash hands after touching *hair or face*.

Employees with an infected cut or a skin infection should not be permitted to work with food. All superficial cuts should be covered with a bandage and disposable glove.

Persons with colds, or other communicable diseases, should not be permitted to work in food preparation areas.

4. Keep equipment and facilities clean and sanitized.

- Keep all equipment — such as cutting boards, can openers, grinders, slicers — very clean. Also keep work surfaces clean. Sweep and mop food preparation area floors daily.
- Use utensils to pick up and handle food.
- If using hands instead of a utensil, wear *disposable* plastic gloves and do not touch *anything* unclean with the gloves. Throw the gloves away after using or touching anything other than food.
- Discard *disposable* towels after using. Launder fabric towels frequently with sanitizing agents such as chlorine bleach. Bacteria can "loiter" in towels and cloths.
- As a food safety precaution, you may want to use two sets of cutting boards: one for meats, one for vegetables and fruits. (It can be helpful to buy plastic cutting boards in different colors to help keep them straight.) Wash all cutting boards with hot soapy water between use. Air dry them, or sanitize in the dishwasher.
- Use the "three-sink" method (described below) to wash and sanitize dishes, pots, pans, and utensils.

WASH AND SANITIZE WITH THREE SINKS

Start with a *preliminary scraping and rinsing*, then carefully wash and sanitize as follows:

SINK 1: **WASH** with detergent in 110°F water

SINK 2: **RINSE** in *clean* 140°F water

SINK 3: **SANITIZE** by immersing in 170°F to 195°F water for at least 30 seconds, or for 1 minute in a 120°F solution of appropriate concentration of chlorine bleach (1 tablespoon per gallon of water).

Commercial sanitizers can be used instead of bleach. Check local health department codes for a list of sanitizing agents.

Air drying is recommended: drying with a towel swabs contaminants over the surface.

Recommended mechanical dishwasher temperatures are: 165°F to wash and 194°F to rinse/sanitize.

5. Keep HOT foods above 140°F.

Bacteria grow rapidly between 40°F and 140°F. Avoid holding foods in this temperature *danger* zone, and remember: room temperature is within this danger zone!

How quickly does bacteria grow? The following numbers will give you an idea.

BACTERIA DOUBLES...

At this temperature:		In this amount of time:
Body temperature	90°F	every 30 minutes
	70°F	every hour
	60°F	every 2 hours
	50°F	every 3 hours
	40°F	every 6 hours
Freezing	32°F	every 20 hours
	28°F	every 60 hours

If you must delay serving a hot food, keep it at a holding temperature — 140°F. In addition, limit the amount of holding time: although steamtables are designed to maintain holding temperatures, do not hold food on a steamtable for more than *2 hours.*

6. Cook food to the recommended temperature.

- *Follow directions*: Follow the directions on food labels to make sure you use proper cooking methods, times, and temperatures. Also refer to recipes for other specific cooking instructions.
- *Cook thoroughly*. Cook or reheat all foods to the temperature recommended by the label or recipe, or use guidelines on pages 103 through 105.
- *Use a thermometer*. To be sure that meat and poultry are cooked all the way through, use a *meat thermometer* as follows:

  Measure the total depth of the meat with the stem of the thermometer, then insert the stem halfway into the center. As you insert the stem, be careful that the tip of the thermometer is not touching bone, fat, or gristle. For poultry, insert the tip into the thick part of the thigh next to the body.
- *Always cook all stuffing separately*. Do not bake on the inside of the bird.
- *Cook meat and poultry completely at one time*. Partial cooking may encourage bacteria to grow before cooking is completed.

7. Cool food quickly.

- Refrigerate or freeze leftovers in covered, shallow containers (less than 2 inches deep) within 2 hours after cooking.
- DO NOT ALLOW ANY FOODS TO COOL AT ROOM TEMPERATURE.
- Debone, and perhaps slice, large pieces of meat or poultry and divide them into smaller portions to be refrigerated or frozen.

- Divide large containers of soups, sauces, or vegetables so that the smaller portions will cool more quickly. Stirring throughout the chilling process will shorten the total cooling time. An ice bath will also hasten the process.
- Leave an airspace around containers or packages to allow circulation of cold air so that rapid cooling is ensured.
- Date foods so that the length of storage time is easily known. Avoid tasting old leftovers. *When in doubt, throw it out*!

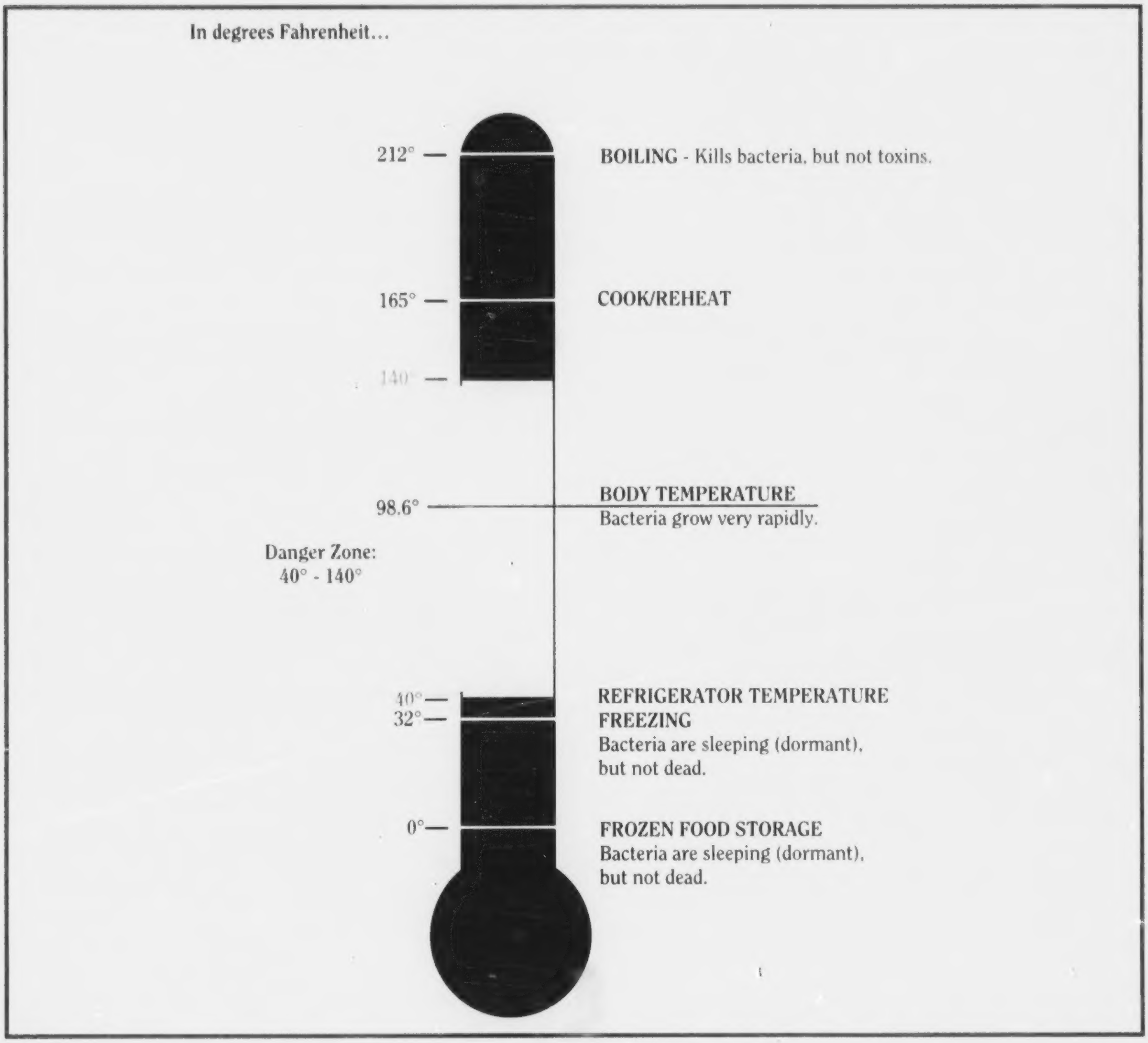
8. Keep cold foods below 40°F.

Check refrigerators and freezers frequently with an appliance thermometer. The *refrigerator* temperature *should be 40°F* or lower. The *freezer* temperature *should be 0°F* or lower. Keep a daily log of refrigerator and freezer temperature readings.

Also keep in mind the following about refrigerating, freezing, and thawing:

- *Refrigerating*: Since repeated handling can introduce bacteria into meat and poultry, prepackaged meat and poultry should remain in the original wrapping. When not prepackaged, meat should be loosely wrapped.
- *Freezing*: While "freezer burn" will not cause illness, it does make certain foods tough and tasteless. To avoid freezer burn, wrap freezer items in heavy freezer paper. Place new items to the rear of the freezer, and older items to the front. Date freezer packages to keep stock properly rotated. Follow the "First-In, First-Out" rule (FIFO).
- *Thawing*: Thaw frozen meat, poultry, and fish in the refrigerator until pliable (easy to separate). *Do not thaw foods at room temperature.*

Thermometer for Food Storage and Sanitation


In degrees Fahrenheit…
212° —
BOILING - Kills bacteria, but not toxins.
165° —
COOK/REHEAT
140° —
98.6°
BODY TEMPERATURE
Bacteria grow very rapidly.
Danger Zone:
40° - 140°
40° —
32° —
REFRIGERATOR TEMPERATURE
FREEZING
Bacteria are sleeping (dormant), but not dead.
0° —
FROZEN FOOD STORAGE
Bacteria are sleeping (dormant), but not dead.

Freezer Storage

- Freeze food items that you don't plan to use within 2 days.
- Date foods for frozen storage so that the oldest products can be used first.
- Be sure that thermometers are clearly visible, from the outside of the freezer, so that they can be read and recorded in a log daily.
- It is safe to freeze foods in their supermarket wrappings. For storage longer than 2 months, rewrap in foil, plastic, or freezer paper. Be sure to use oldest items first — in other words, follow the "First-In, First-Out" (FIFO) rule.
- Freezer-burned food is safe to eat; it is just of lesser quality. Remove visible freezer-burned portions and discard.
- Freezing *does not destroy bacteria*. They become active again once food is thawed.
- Always thaw *under refrigeration* at 40°F.

DEFROSTING FROZEN WHOLE TURKEYS

USDA's Meat and Poultry Hotline recommends the following thawing time, in the refrigerator, for frozen whole turkeys:

8 to 12 pounds....	1 to 2 days
12 to 16 pounds...	2 to 3 days
16 to 20 pounds...	3 to 4 days
20 to 24 pounds...	4 to 5 days

Be sure to place a tray under thawing meat to catch any drips to prevent contamination of foods in surrounding area.

To thaw in an emergency, thaw under cold RUNNING water:

8 to 12 pounds....	4 to 6 hours
12 to 16 pounds...	6 to 9 hours
16 to 20 pounds...	9 to 11 hours
20 to 24 pounds...	11 to 12 hours

Freezer Storage Chart

For best quality, store the following foods at 0°F, with adequate circulation. Store no longer than time listed below.

If you are storing this food item in the freezer:	Store no longer than...
Bagels	2 months
Bread	3 months
Bread dough	See use-by date
Butter	6 to 9 months
Cake, angel food	2 months
Cake, made from mix	4 months
Cake, pound	6 months
Cheese, hard	6 months
Cookie dough	2 months
Cookies	8 to 12 months
Egg whites	12 months
Fish, breaded	3 months
Fish, raw	6 months
Fruit: berries, melons	4 to 6 months
Juice concentrates	6 to 12 months
Margarine	12 months
Meat: whole chicken	12 months
Meat: chicken parts	9 months
Meat: chicken nuggets	1 to 3 months
Meat: chicken casseroles	4 to 6 months

If you are storing this food item in the freezer:	Store no longer than...
Meat: fried chicken	4 months
Meat: chops, steaks, roasts	4 to 12 months
Meat: ground	3 to 4 months
Meat: ham, frankfurters	1 to 2 months
Meat, luncheon, in package	1 to 2 months
Meat, luncheon, store-sliced	1 to 2 months
Milk	3 months
Muffins	2 months
Pancakes, waffles	2 months
Pie, fruit	8 months
Pie, pumpkin	1 to 2 months
Quiche	2 months
Ready-to-bake pie crust	2 months
Rolls	2 months
Soups or stews	2 to 3 months
Tortillas	4 months
Yogurt	1 to 2 months
Sausage, raw	1 to 2 months
Sausage, cooked	1 to 2 months
Vegetables, blanched or cooked	8 to 10 months

Refrigerator Storage

Food is kept in the refrigerator to preserve its freshness *and* to inhibit the growth of most bacteria.

Microorganisms that cause food spoilage can still grow and multiply slowly over time, so there is a *limit* to the length of time various foods will stay fresh.

Here are some important tips to use as a guide:

- *Keep a refrigerator thermometer in the refrigerator to be sure a 40°F temperature is maintained at all times.* Also, do not overload the refrigerator. This will inhibit the free flow of air, which is essential for proper cooling.
- *Check the refrigerator thermometer daily, and keep a log of your readings.*
- Cover all foods to be refrigerated. This keeps them from drying out and prevents contamination.
- Date all foods, for storage, so that oldest food products are used before the new.
- Keep the refrigerator clean. This will help prevent the spread of bacteria from spilled foods to other foods.

As a general rule...

Quality will *decrease* as storage time *increases*.

When in doubt, throw it out!

Refrigerator Storage Chart

For best quality, store the following foods at 40°F, with adequate circulation. Store no longer than the times listed below.

If you are storing this food item in the refrigerator:	Store no longer than...
Bagels	1 to 2 weeks
Barbecue sauce	4 months
Bread	7 to 14 days
Butter	1 to 2 months
Cakes	7 days
Catsup	6 months
Cheese, hard	3 to 4 weeks
Cheese, cottage	1 week
Cheese, cream	2 weeks
Chicken or turkey, whole, raw	1 to 2 days
Chicken nuggets	1 to 2 days
Chicken casseroles	3 to 4 days
Cookies	2 months
Doughnuts	7 days
Eggs, hard-cooked	1 week
Eggs in shell, raw	3 to 5 weeks
Eggs, raw whites	2 to 4 days
Eggs, raw yolks	2 to 4 days
Fish, raw	1 to 2 days
Fish, cooked	3 to 4 days
Frankfurters, sealed package	2 weeks
Frankfurters, opened package	1 week
Gravy and meat broth	1 to 2 days
Juice concentrates	7 to 10 days
Margarine	4 to 5 months
Mayonnaise	2 months

If you are storing this food item in the refrigerator:	Store no longer than...
Meat, chops, steaks, roasts	3 to 5 days
Meats, cooked	3 to 4 days
Meat, ground	1 to 2 days
Meat, luncheon, store-sliced	3 to 5 days
Meat, luncheon, in package	2 weeks
Meat, luncheon, opened	3 to 4 days
Melons	4 to 5 days
Milk	7 days
Muffins, fresh	7 days
Mustard, prepared	1 year
Pies, cream or pumpkin	3 to 4 days
Pies, fruit	7 days
Olives	2 weeks
Pita bread, tortillas	4 to 7 days
Pancakes, waffles	3 to 4 days
Pasta, cooked	1 to 2 days
Pickles	1 to 2 months
Rolls	7 days
Sausage, uncooked	1 to 2 days
Sausage, precooked	7 days
Salads, prepared tuna, chicken	3 to 5 days
Salad dressings	3 months
Salsa	1 month
Sour cream	7 to 21 days
Whipped topping	2 weeks
Yogurt	7 to 14 days

Thawing Frozen Meat and Ready-to-Cook Poultry

To avoid spoilage or serious food poisoning, meat and poultry must be properly handled during thawing, preparation, cooking, cooling, and serving.

Frozen meat and poultry must be kept hard-frozen at 0°F, or below, until it is removed for thawing and cooking.

Here are directions for thawing, along with some precautions:

1. Remove from freezer storage only the amount of meat or poultry needed for 1 day's use.
2. Thaw in refrigerator at 40°F. *Do not thaw at room temperature or in warm water.*
3. To shorten thawing time in refrigerator, remove from carton and thaw in original wrapper. If not individually wrapped, cover loosely or wrap. For easy handling, place blocks or packages of meat or poultry on trays. Space on shelves so that air can circulate around them.

   Never allow drippings to come in contact with other foods.
4. Always wash hands and all surfaces *before* and *after* handling raw products.
5. Thaw meat cuts or poultry (except turkeys weighing 16 pounds or more) in refrigerator overnight (16 to 24 hours).

   Thaw turkeys weighing 16 pounds or more in refrigerator for 2 to 3 days. (For more information on thawing turkeys, see Information Card 5, "Freezer Storage.")

   As soon as poultry is pliable enough to remove giblets from cavity, proceed with cleaning, as described in Information Card 8, "Cleaning Ready-to-Cook Poultry."
6. Do not refreeze thawed meat or poultry.

Cleaning Ready-to-Cook Poultry

Here are directions for cleaning ready-to-cook poultry, along with some safety precautions:

1. Wash your hands. (Always be sure to do this *before* and *after* handling raw meats.)
2. Remove neck and giblets, which are usually packed in neck and body cavities. Rinse neck and giblets in cold running water. Drain.
3. If necessary, clean poultry, removing excess fat and any parts of lung, windpipe, or pinfeathers that may be present.
4. Rinse poultry, inside and out, in cold running water. Drain.
5. Cook poultry and giblets promptly (see Note #1 below). Cover loosely with waxed paper, and refrigerate, at 40°F.

   Do not hold thawed poultry for longer than 24 hours before cooking.

8. Clean and sanitize table surfaces and any other equipment you have used while cleaning or preparing the poultry (see Note #2 below).

NOTE #1: Be sure to *thoroughly* clean and sanitize all surfaces and equipment you have used while cleaning or preparing raw poultry. Do this *before* you use them to handle cooked foods. (Review Information Card 3, "Keeping Food Safe to Eat.")

Sanitize by using the 3-step washing method (described in Information Card 3) or by using a mechanical dishwasher.

It's a good idea to keep separate cutting boards for preparing raw meats.

NOTE #2: The giblets may be simmered with neck and wing tips for making broth or gravy stock. The cooked meat from these parts may be cut up and added to gravy or stuffing.

Storing Vegetables and Fruits

All chilled and frozen fruits and vegetables are highly perishable.

When improperly stored, they deteriorate rapidly. For example, they will spoil rapidly if...

... *temperatures* are too high or too low.

... *humidity levels* are unfavorable.

... *air circulation* is inadequate.

... *storage areas* are unsanitary.

The spoilage is caused by bacteria or mold. The decay spreads rapidly. In addition to maintaining proper storage conditions, you can help prevent losses by using the oldest purchases first — in other words, by following the "First-In, First-Out" (FIFO) rule.

Some items should not be stored together.

This is because some foods can have an adverse effect on other foods. They may change the appearance of a food, its taste, or both. For example, if apples are stored with lettuce, the lettuce will turn brown. If peaches or ripe honeydew melons are stored with carrots, the carrots will become bitter.

If pears or apples are stored with potatoes, the potatoes will have an unpleasant earthy taste. And, if green peppers are stored with pineapple, the pineapple will have an off-flavor. On the next page, you will find a list of these and some other common foods that should not be stored together.

Some vegetables and fruits should be used within a few days. Others may be stored for weeks or months.

It's helpful to become familiar with how long individual foods can be successfully stored. Starting on page 29, you'll find a list of common vegetables and fruits, with accepted storage times and temperatures given for each.

Which Vegetables and Fruits Should Not Be Stored Together?

Do not store any of these foods*:	With any of these foods:	Adverse effect:
Apples, pears, bananas, peaches, plums, cantaloupes, ripe honeydew melons, avocados, and tomatoes...	Lettuce	will turn brown.
	Carrots	will become bitter.
	Cucumbers	color will fade.
	Green peppers	color will fade.
	Hubbard squash	color will fade.

Do not store this food:	With this food:	Adverse effect:
Pears, apples...	potatoes...	unpleasant earthy taste
Green peppers...	pineapple...	off-flavors

** These foods contain ethylene gas, which causes russeting (browning).*

What Are Accepted Storage Temperatures and Times for Common Vegetables?

VEGETABLES	Accepted Storage Temperature	Length of Storage Time
Beans, green or wax	35° to 45°F	10 days
Beans, lima	32° to 35°F	7 to 14 days
Beets, bunch	32° to 35°F	10 to 14 days
Beets, tops removed	32° to 35°F	4 to 6 months
Broccoli	32° to 35°F	2 to 3 weeks
Brussels sprouts	32° to 35°F	3 to 6 weeks
Cabbage, early	32° to 35°F	3 to 6 weeks
Cabbage, late	32° to 35°F	3 to 4 months
Carrots, mature	32° to 35°F	3 to 5 months
Carrots, bunch	32° to 35°F	10 to 14 days
Cauliflower	32° to 35°F	2 to 4 weeks
Celery	32° to 35°F	2 to 3 months
Corn on the cob	32° to 35°F	4 to 8 days
Cucumbers	45° to 55°F	10 to 14 days
Eggplant	45° to 55°F	1 to 2 weeks
Greens	32° to 35°F	2 to 3 weeks
Kohlrabi	32° to 35°F	2 to 3 weeks
Lettuce, iceberg, wrapped	32° to 35°F	3 to 6 weeks
Lettuce, iceberg, naked	32° to 35°F	2 to 3 weeks
Lettuce, iceberg, table-ready	32° to 35°F	5 to 7 days
Lettuce, leaf, Romaine	32° to 35°F	5 to 8 days
Mushrooms	32° to 35°F	3 to 5 days
Okra	45° to 55°F	2 weeks
Onions, Bermuda	32° to 35°F	1 to 2 months
Onions, Green	32° to 35°F	10 days to 1 month
Onions, Spanish	32° to 35°F	3 to 6 months
Parsley	32° to 35°F	1 to 2 months
Parsnips	32° to 35°F	2 to 6 months
Peas, unshelled	32° to 35°F	1 to 2 weeks
Peppers, green	45° to 55°F	2 to 3 weeks
Potatoes, sweet	50° to 60°F	3 to 4 months
Potatoes, white	45° to 55°F	2 to 3 months
Potatoes, white, peeled	32° to 35°F	5 to 9 days

continued on next page

VEGETABLES	Accepted Storage Temperature	Length of Storage Time
Radishes, poly-bag	32° to 35°F	3 to 4 weeks
Radishes, table-ready	32° to 35°F	10 to 12 days
Radishes, winter	32° to 35°F	3 to 4 months
Rutabagas	32° to 35°F	4 to 6 months
Spinach	32° to 35°F	1 to 2 weeks
Squash, fall and winter	50° to 60°F	1 to 2 months
Squash, summer	45° to 55°F	2 to 3 weeks
Swiss chard	32° to 35°F	10 to 14 days
Tomatoes, firm ripe	45° to 55°F	4 to 7 days
Turnips	32° to 35°F	3 to 5 months

What Are Accepted Storage Temperatures and Times for Common Fruits?

FRUITS	Accepted Storage Temperature	Length of Storage Time
Apples	32° to 35°F	2 to 4 weeks
Bananas, green	56° to 58°F	7 to 10 days
Bananas, ripe	56° to 58°F	3 to 4 days
Berries,		
Strawberries	32° to 35°F	5 to 7 days
Blueberries	32° to 35°F	7 to 15 days
Cantaloupe, hard	32° to 35°F	1 to 2 weeks
Cantaloupe, ripe	32° to 35°F	5 to 14 days
Cherries, sweet	32° to 35°F	2 to 3 weeks
Cranberries, fresh	32° to 35°F	2 to 4 months
Grapefruit	45° to 55°F	4 to 6 weeks
Grapes	32° to 35°F	2 weeks
Honeydew	45° to 55°F	2 to 3 weeks
Lemons	45° to 55°F	2 to 3 weeks
Limes	45° to 55°F	6 to 8 weeks
Mangoes	50° to 55°F	2 to 3 weeks
Nectarines	32° to 35°F	2 to 4 weeks
Oranges, California, Arizona	35° to 45°F	3 to 8 weeks
Oranges, Florida, Texas	32° to 35°F	8 to 12 weeks
Peaches	35° to 45°F	2 to 4 weeks
Pears	32° to 35°F	2 to 8 months
Pineapple, green	45° to 55°F	2 to 4 weeks
Pineapple, ripe	45° to 55°F	2 weeks
Plums	32° to 35°F	2 to 4 months
Pumpkins	45° to 55°F	1 to 6 months
Rhubarb	32° to 35°F	2 to 4 weeks
Tangerines	32° to 35°F	2 to 4 weeks
Watermelon	32° to 35°F	2 to 3 weeks

What Foods Are Good Sources of Vitamin A, Vitamin C, Calcium, and Iron?

Children need many different nutrients to grow and be healthy. That's why it's important to include a variety of foods in the meals and snacks you serve.

This information card lists foods that are good sources of four key nutrients: Vitamin A, Vitamin C, Calcium, and Iron. A good food source contributes at least 10 percent of the Recommended Daily Allowance (RDA) for a particular nutrient.

Here's how to read the charts: Foods and serving sizes are listed in the first two columns. The third column shows what percentage of the RDA a serving provides, as follows:

Symbol:	***For children ages 1 to 3 years old, 1 serving contains...***
+ GOOD	...10 to 24 percent of RDA
++ BETTER	...25 to 39 percent of RDA
+++ BEST	...40 percent or more of RDA

FOODS THAT CONTAIN VITAMIN A

Food	Serving Size	% of RDA
Meat/Meat Alternates:		
Liver (beef calf, pork, chicken, or turkey), braised	1 1/2 oz	+++
Meat/Meat Alternates - Fish/Seafood:		
Mackerel, canned	1 1/2 oz	+
Fruits:		
Apricots:		
Canned, juice pack	2 halves	+
Dried, cooked, unsweetened	1/4 cup	++
Dried, uncooked	5 halves	+
Cantaloupe	1/4 cup diced	++
Cherries, red sour, fresh	1/4 cup pitted	++
Honeydew	1/4 cup	+
Mandarin orange sections	1/4 cup	+
Mango, raw	1/4 medium	+++
Nectarine	1/2 medium	+
Papaya	1/4 cup	++
Peach, fresh	1/2 medium	+
Plums	1/4 cup	+
Prunes	1/4 cup cooked	+
Watermelon	1 cup	+
Vegetables:		
Asparagus, cooked	1/4 cup	+
Beet greens, cooked	1/4 cup	+++
Bok choy, cooked	1/4 cup	+++
Broccoli, cooked	1/4 cup	+
Carrots, raw or cooked	1/4 cup	+++
Chicory greens, raw	1/4 cup	+
Collards, cooked	1/4 cup	+
Dandelion greens, cooked	1/4 cup	+++
Endive, raw	1/4 cup	+
Escarole, cooked	1/4 cup	+

FOODS THAT CONTAIN VITAMIN A (continued)

Food	Serving Size	% of RDA
Looseleaf lettuce (red and green)	1/4 cup	+
Kale, cooked	1/4 cup	+++
Mustard greens, cooked	1/4 cup	+
Peas and carrots, cooked	1/4 cup	+++
Peppers, sweet red, raw	1/2 small	+++
Plaintain, cooked	1/2 medium	+
Pumpkin, cooked	1/4 cup	+
Romaine	1/4 cup	+
Spinach, cooked	1/4 cup	+++
Squash, winter (acorn, butternut, etc.)	1/4 cup	+++
Sweet potato	1/2 medium	+++
Swiss chard, cooked	1/4 cup	+
Tomato (juice, paste, or puree)	1/4 cup	+
Turnip greens, cooked	1/4 cup	+++
Milk:		
Milk, lowfat or skim	1/2 cup	+

Symbol:		***For children ages 1 to 3 years old, 1 serving contains...***
+	GOOD	...10 to 24 percent of RDA
++	BETTER	...25 to 39 percent of RDA
+++	BEST	...40 percent or more of RDA

FOODS THAT CONTAIN VITAMIN C

Food	Serving Size	% of RDA
Meat/Meat Alternates:		
Liver (beef or pork), braised	1½ oz	++
Liver (chicken)	¼ cup	+
Meat/Meat Alternates - Fish/Seafood:		
Clams, steamed or canned	1½ oz	+
Mussels, steamed or poached	1½ oz	+
Fruits:		
Apples		
Baked	½ medium	+
Raw	½ medium	+
Banana	½ medium	+
Blackberries, raw	¼ cup	++
Blueberries, raw	¼ cup	+
Cantaloupe	¼ cup	+++
Grapefruit	¼ medium	+++
Grapefruit juice	⅜ cup	+++
Grapefruit-orange juice	⅜ cup	+++
Grapefruit and orange sections	¼ cup	+++
Guava, raw	¼ cup	+++
Honeydew	⅜ cup	++
Kiwi	½ medium	+++
Kumquats	1 fruit	+
Mandarin orange sections	¼ cup	+++
Mango	¼ medium	+++
Nectarine	½ medium	+
Orange	½ medium	+++
Orange juice	⅜ cup	+++
Papaya	¼ cup	++
Peaches		
Frozen	¼ cup	+++
Fresh, raw	½ medium	+
Pears	½ medium	+
Pineapple, fresh or canned	¼ cup	+

FOODS THAT CONTAIN VITAMIN C (continued)

Food	Serving Size	% of RDA
Pineapple juice, canned	3/8 cup	++
Pineapple-grapefruit juice	3/8 cup	+++
Pineapple-orange juice	3/8 cup	+++
Plum, raw	1/2 medium	+
Raspberries	1/4 cup	++
Strawberries	1/4 cup	+++
Tangelos	1/2 medium	+++
Tangerine	1/2 medium	+++
Tangerine juice	1/2 cup	+++
Watermelon	1/2 cup	++
Vegetables:		
Asparagus, cooked	1/4 cup	+++
Beans, green or yellow, cooked	1/4 cup	+
Beans, lima, cooked	1/4 cup	+
Bean spouts, raw or cooked	1/4 cup	+
Bok choy, cooked	1/4 cup	++
Broccoli, raw or cooked	1/4 cup	+++
Brussels sprouts, cooked	1/4 cup	+++
Cabbage, green, raw or cooked	1/4 cup	++
Cabbage, red, raw or cooked	1/4 cup	+++
Cauliflower, raw or cooked	1/4 cup	+++
Chard, cooked	1/4 cup	+
Chile peppers, cooked	1/4 cup	+++
Chicory, raw	1/2 cup	+
Chinese cabbage, cooked	1/4 cup	++
Collards, cooked	1/4 cup	+
Dandelion greens, raw	1/4 cup	+
Endive, raw	1/2 cup	+
Escarole, raw	1/2 cup	+
Kale, cooked	1/4 cup	+++
Kohlrabi, cooked	1/4 cup	+++
Mustard greens, cooked	1/4 cup	++
Okra, cooked	1/4 cup	+
Onions, medium, raw	1/2 medium	+

FOODS THAT CONTAIN VITAMIN C (continued)

Food	Serving Size	% of RDA
Parsnips, cooked	1/4 cup	+
Peas, cooked	1/4 cup	+
Peppers, green and red, raw/cooked	1/4 cup	+++
Plantain, green or ripe, boiled	1/2 medium	+++
Poke greens, cooked	1/4 cup	+++
Potato, baked or boiled	1/2 medium	++
Pumpkin, cooked	1/4 cup	+
Radishes, raw	3 large	+
Romaine, raw	1/2 cup	+
Rutabaga, cooked	1/4 cup	++
Snowpeas, raw or cooked	1/4 cup	+++
Spinach, cooked	1/4 cup	+
Squash, summer or winter, raw/cooked	1/4 cup	+
Sweet potato, baked, boiled, canned	1/2 medium	+++
Tomato	1/2 medium	++
Tomato juice	3/8 cup	+++
Tomato-vegetable juice	3/8 cup	+++
Turnip greens with turnips, cooked	1/4 cup	+
Turnips, cooked	1/4 cup	+
Watercress, raw	1/4 cup	+

To help the body take in more iron, include a good source of vitamin C with meals, especially if the meal does not include meat, fish, or poultry.

Symbol:	***For children ages 1 to 3 years old, 1 serving contains...***
+ GOOD	...10 to 24 percent of RDA
++ BETTER	...25 to 39 percent of RDA
+++ BEST	...40 percent or more of RDA

FOODS THAT CONTAIN CALCIUM

Food	Serving Size	% of RDA
Meat Alternates - Fish:		
Mackerel, canned	1½ oz	+
Ocean perch, baked or broiled	1½ oz	+
Salmon, canned with bones	1½ oz	+
Sardines, canned with bones	1 each	+++
Meat Alternates - Cheese:		
Cottage cheese, lowfat	¼ cup	++
Natural cheese - blue, brick, Camembert, feta, Gouda, Monterey Jack, mozzarella, Muenster, provolone, and Roquefort	½ oz	+
Natural cheese - Gruyere, Swiss,	½ oz	+
Parmesan, and Romano	½ oz	++
Processed cheese - cheddar or Swiss	¾ oz	++
Ricotta cheese	¼ cup	++
Yogurt - flavored or with fruit, or plain	4 oz	++
Meat Alternates - Nuts:		
Almonds, unblanched, dry-roasted	1 oz	+
Vegetables:		
Broccoli, cooked	¼ cup	+
Spinach, cooked	¼ cup	+
Turnip greens, cooked	¼ cup	+
Grains/Breads:		
English muffin, plain/with raisins	½	+
Muffin, bran	½ medium	+
Pancakes, plain, fruit, buckwheat, or whole-wheat	4"	++
Waffles, bran, cornmeal, and/or fruit	4" square	+
Waffles, plain	4" square	++

FOODS THAT CONTAIN CALCIUM (continued)

Food	Serving Size	% of RDA
Milk:		
Buttermilk	1/2 cup	++
Chocolate milk	1/2 cup	++
Dry, nonfat milk, reconstituted	1/2 cup	++
Evaporated, whole or nonfat, diluted	1/2 cup	++
Lowfat or nonfat milk	1/2 cup	++
Whole milk	1/2 cup	++

***Symbol*:**	***For children ages 1 to 3 years old, 1 serving contains...***
+ GOOD	...10 to 24 percent of RDA
++ BETTER	...25 to 39 percent of RDA
+++ BEST	...40 percent or more of RDA

FOODS THAT CONTAIN IRON

Food	Serving Size	% of RDA
Meat/Meat Alternates:		
Beef brisket	1½ oz	+
Beef, ground, extra lean, broiled	1½ oz	+
Beef liver	1½ oz	++
Beef, pot roast, braised	1½ oz	+
Beef, rib roast, roasted	1½ oz	+
Beef, shortribs, braised	1½ oz	+
Beef, steak, broiled	1½ oz	+
Beef, stew meat, simmered	1½ oz	+
Calf liver	1½ oz	+
Chicken or turkey liver	1½ oz	++
Liverwurst	1 oz	+
Pork liver	1½ oz	+++
Tongue, braised	1½ oz	+
Turkey, dark meat, roasted, no skin	1½ oz	+
Meat/Meat Alternates - Eggs:		
Large egg	1	+
Meat/Meat Alternates - Fish/Seafood:		
Clams, steamed or canned	1½ oz	+++
Mackerel, canned	1½ oz	+
Mussels, steamed	1½ oz	+
Oysters, steamed or canned	1½ oz	++
Shrimp, broiled or canned	1½ oz	+
Trout, baked or broiled	1½ oz	+
Meat Alternates - Dry Beans, Peas, and Lentils:		
Black-eyed peas (cowpeas)	¼ cup	+
Chickpeas (garbanzo beans)	¼ cup	+
Kidney beans	¼ cup	+
Lentils	¼ cup	+
Peas	¼ cup	+
Pinto beans	¼ cup	+
Soybeans	¼ cup	++
White beans	¼ cup	+

FOODS THAT CONTAIN IRON (continued)

Food	Serving Size	% of RDA
Meat Alternates - Nuts and Seeds:		
Pine nuts (pignolias)	1 Tbsp	+
Pumpkin or squash seeds, roasted	1 Tbsp	++
Fruits:		
Apples, dried, cooked	¼ cup	+
Prunes, dry, cooked	¼ cup	+
Raisins, seedless	¼ cup	+
Vegetables:		
Beans, lima, cooked	¼ cup	+
Beans, black, cooked	¼ cup	+
Beet greens, cooked	¼ cup	+
Black-eyed peas, cooked	¼ cup	+
Chard, cooked	¼ cup	+
Peas, cooked	¼ cup	+
Spinach, cooked	¼ cup	+
Grains/Breads:		
Bagel, plain, pumpernickel, or whole wheat	½ medium	+
Cereals, ready-to-eat, enriched	½ oz	++
Farina, regular or quick, cooked	⅓ cup	++
Muffin, bran	½ medium	+
Noodles, cooked	½ cup	+
Oatmeal, instant, enriched	⅓ cup	++
Pita bread, plain or whole wheat	½ small	+
Pretzel, soft	½	+
Rice, white, regular, cooked	⅓ cup	+

Symbol:		***For children ages 1 to 3 years old, 1 serving contains...***
+	GOOD	...10 to 24 percent of RDA
++	BETTER	...25 to 39 percent of RDA
+++	BEST	...40 percent or more of RDA

Suggested Finger Foods

Finger foods are foods cut into bite-size pieces that children can pick up with their fingers. Many fruits and vegetables — such as apple wedges, banana slices, cucumber sticks — are good as finger foods. So are bread and cereal items, such as bagel quarters and oat cereal rings; and meat/meat alternates, such as cubes of meat or cheese. These and other suggested finger foods are listed below. On pages 45 and 46 are tips on preparing foods as finger foods.

On page 44 and on other information cards is an important cautionary note about choking and a list of foods that may cause choking. Some of these foods can be offered to children if you change the form. You'll find several examples of the kinds of changes you can make.

Suggested finger foods include...

Apple wedges
Banana slices
Bread sticks
Cabbage wedges
Caulifloweret
Celery sticks
Cherry tomato halves
Dried apples
Dried cranberries
Dried pears
Fresh peach wedges
Fresh pineapple sticks
Halved grapes
Hard-cooked egg halves
Green pepper sticks
Jicama strips
Meat cubes
Nectarine wedges
Pizza wedges
Pretzels, hard or soft
Raisins
String cheese
Tomato wedges
Turnip sticks
Bagel quarters
Berries
Broccoli flowerets
Carrot sticks
Cucumber sticks
Cheese cubes
Cinnamon toast fingers
Dried cherries
Dried peaches
Dry cereal, such as oat rings
Fresh pear wedges
Graham cracker strips
Halved meatballs
Grapefruit sections
Green beans, whole
Kohlrabi sticks
Melon cubes
Orange sections
Plums
Prunes, pitted
Rice cakes
Tangerine sections
Trail mix
Zucchini sticks

Keep in mind that young children — especially ages 2 to 3 years — are at risk of choking on food. They remain at risk until they can chew and swallow better by about age 4. *Always supervise children during meals and snacks.*

Foods that may cause choking include...

hot dogs
raisins
whole grapes
chips
raw celery
nuts and seeds
chunks of meat
marshmallows
popcorn
cherries with pits
raw carrots
peanut butter (spoonfuls)
round or hard candy
pretzels
large pieces of fruit with skin

Some foods can be offered if you change the form. For example...

1) Cut hot dogs lengthwise into thin strips.
2) Steam carrots or celery until slightly soft, then cut in sticks.
3) Cut grapes or cherries in small pieces.

PREPARING FINGER FOODS

Here are some suggestions for preparing a variety of finger foods. See Information Card 12 for serving size and yield.

Before proceeding with preparation, scrub fruits and vegetables thoroughly with a soft brush.

Apple wedges	Remove core. Slice into wedges about ½-inch thick. Serve peeled or unpeeled.
Banana slices	Peel bananas. Slice or serve as banana half, and teach the children how to peel the banana.
Berries	Select fruit with no soft decayed spots. Remove caps and stems.
Cabbage wedges	Steam or microwave until bright green. Slice into ½-inch wedges.
Carrot sticks	Scrape or peel. Cut off ends. Cut into sticks about ¼-inch thick and 2½ to 3 inches long.
Cauliflower florets	Break into single florets.
Celery sticks	Trim off root and blemishes. Cut into sticks about ¼-inch thick and 2½ to 3 inches long. Or, cut celery stalk into pieces 2½ to 3 inches long. Fill with peanut butter (thinned with mayonnaise, honey, or lowfat margarine) or cream cheese (thinned slightly with milk). Minced pimentos may be added to cream cheese for color or extra flavor.
Cheese cubes	Cut cheese (such as cheddar, Edam, Gouda, Gruyere, Muenster, and Swiss) into 1-inch cubes.
Fresh grapes	May be served on the stem, snipped into small bunches, or removed from the stem. Halve the grapes to prevent choking in small children.
Fresh peach wedges	Select ripe peaches. Peel, or leave unpeeled, as desired. Remove pit and cut into ¼-inch wedges.

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Fresh pear wedges	Select ripe fruit. Remove core and soft places. Cut into ¼-inch wedges.
Fresh pineapple sticks	Peel and core pineapple. Cut into sticks ½-inch thick and 2½ to 3 inches long.
Grapefruit sections	Peel and section. Remove all seeds.
Green pepper sticks	Cut out stem and remove seeds. Cut into strips ¼-inch wide and 2½ to 3 inches long.
Kiwi	When ripe, kiwi are soft to the touch. May be peeled and then sliced or sectioned. Can be served halved, with peels intact; child will scoop out contents with a spoon. Can also be served unpeeled: the peels are edible.
Meat cubes	Cut thoroughly cooked meat (such as roast beef, meat loaf, chicken, roast veal, or lamb) into 1-inch cubes.
Melon cubes	Peel, remove seeds and fibers, and cut into ½-inch cubes.
Orange sections	Peel and section. Remove all seeds. Can also be cut into sections with peels intact (do this to make "orange smiles").
Plums	Remove pit and cut into quarters.
Prunes	Remove pit or buy pitted prunes.
Tangerine sections	Peel and section. Be sure to remove all seeds.
Tomato wedges	Cut out core and cut into wedges.
Turnip sticks	Peel turnips. Cut into sticks ½-inch thick and 2 to 2½ inches long.

Buying Fresh Vegetables

When ordering fresh vegetables, be as specific as you can about type, quantity, and quality. The following chart lists suggested purchase specifications for a variety of fresh vegetables.

Under *size and count* is sample language you might use when ordering a particular food. Under *serving size and yield*, you'll find information on yield indicated for a 1/4-cup serving. A 1/4-cup serving is used here for simplicity. Any serving size may be planned.

SUGGESTED PURCHASE SPECIFICATIONS AND YIELDS FOR FRESH VEGETABLES

Vegetable	Size and Count	Serving Size and Yield
Beans, green	Specify: 28-lb to 30-lb bushels or wirebound crates, U.S. No.1.	Cut 1 1/2": **11** 1/4-cup servings per lb (steamed).
Bok Choy	Specify: half crate, 30 lb to 40 lb.	**13** 1/4-cup servings per lb (raw).
Broccoli Florets	Specify: packaging material with gas permeability that assures 2% oxygen exchange; sulfite-free product required; packed 4 3-lb bags per case.	2 medium stalks (about 1 lb) = about 6 cups florets; **17** 1/4-cup servings per lb (raw); **12** 1/4-cup servings per lb (cooked).
Cabbage	Specify: 10 to 12 count, 2 lb to 3 lb each head; U.S. No.1 in 50-lb to 60-lb crates.	Raw, shredded; **24** 1/4-cup servings per lb (raw); **9** 1/4-cup servings per lb (cooked).

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Carrot Sticks	Specify: U.S. No. 1 carrots; 1⅛" medium diameter, about 7½" in length; 6 per lb; 50-lb mesh bag.	1 stick is 4" long by ½" wide; 6 sticks = ¼ cup; 12 ¼-cup servings per lb (raw); 10 ¼-cup servings per lb (cooked).
Cauliflower	Specify: in cartons of 18 lb to 24 lb, or wirebound crates of 45 lb to 50 lb.	1 medium head = about 6 cups florets; 14 ¼-cup servings per lb (raw); 11 ¼-cup servings per lb (cooked).
Celery Sticks	Specify: 2, 2½, or 3 dozen per crate; crates weigh 60 lb to 70 lb net.	1 stick is 3" long by ¾" wide. 4 sticks = ¼ cup; 14 ¼-cup servings per lb.
Collard Greens	Specify: 1 to 2 dozen bunches, 12 oz to 16 oz per bunch; also 1-lb to 2-lb bags (washed and cleaned) by the bushel or 17-lb case.	22 ¼-cup servings per lb (raw, with stems); 31 ¼-cup servings per lb (without stems); 6 ¼-cup servings per lb (cooked, without stems); 10 ¼-cup servings per lb (cooked, with stems).
Cucumbers	Specify: 2" minimum diameter. This information will be stamped on the basket. Cucumbers will vary from 2" to 2½" in diameter and are about 7½" long.	

Cucumbers ***(con't.)***	*Slices*: 1/8"-thick slices	4 slices = 1/4 cup; **9** 1/4-cup servings per lb.
	Sticks: Cut in thirds crosswise, then cut each third lengthwise into fourths for sticks.	1 cucumber=12 sticks; 2 sticks = 1/4 cup; **9** 1/4-cup servings per lb (peeled); **11** 1/4-cup servings per lb (with peel).
Jicama (Mexican Potato)	Purchase in 20-lb boxes.	**11** 1/4-cup servings per lb (peeled, raw).
Kale	Specify: 20-lb to 25-lb crates, cartons, or bushel baskets holding 24-count, U.S. No.1.	**32** 1/4-cup servings per lb (raw, with stems); **24** 1/4-cup servings per lb (raw, stems removed); **11** 1/4-cup servings per lb (with stems, cooked).
Kohlrabi	Specify: 1 dozen per box, 12 bunches per case.	**9** 1/4-cup servings (pared 2" x 4" sticks, raw); **5** 1/4-cup servings per lb (pared, cooked).
Lettuce, Head (Iceberg)	Specify: 2 dozen heads; weight of 40 lb to 48 lb.	**47** 1/4-cup servings per lb.
Lettuce, Leaf	Specify: 2 dozen heads; weight of 18 lb.	1 large leaf=1/4 cup
Okra	Specify: 15-lb box or half bushel.	**10** 1/4-cup servings per lb (cooked).

Olives, Ripe	Large	8 olives = $^1/_4$ cup; **15** $^1/_4$-cup servings per lb.
Onions	Specify: U.S. No. 1, medium size; 25-lb bag.	**12** $^1/_4$-cup servings per lb (diced, raw); **5** $^1/_4$-cup servings per lb (sliced, grilled).
Peppers, Green	Specify: U.S. No. 1 grade preferred; 25 lb per carton.	1 lb = 7 to 9 medium; **13** $^1/_4$-cup servings per lb (raw); **5** $^1/_4$-cup servings per lb (grilled).
Potatoes, Sweet	Specify: U.S. No. 1, 3" to 9" long.	**10** $^1/_4$-cup servings per lb (diced, cooked).
Potatoes, White	Specify: 100 count, 6 oz to 10 oz each.	**8** $^1/_4$-cup servings per lb (pared, diced, cooked).
Radishes	Specify: U.S. No. 1, $^1/_2$" diameter minimum; without tops; small size; 45 radishes per lb.	7 radishes = $^1/_4$ cup; **12** $^1/_4$-cup servings per lb.
Spinach	Specify: Washed, 10-oz cello pack.	**30** $^1/_4$-cup servings per lb (raw, chopped); **7** $^1/_4$-cup servings per lb (cooked).
Squash, Summer	Specify: 4" to 9" long, U.S. No. 1 zucchini, crooked, or straight neck.	**14** $^1/_4$-cup servings per lb (raw); **8** $^1/_4$-cup servings per lb (cooked).
Tomatillos	Specify: 10-lb box.	**11** $^1/_4$-cup servings per lb (raw); **6** $^1/_4$-cup servings per lb (cooked).

Tomatoes	Specify: 5 x 6 size, extra large, 30 pounds per container; tomato is 2¾" by 3" diameter, 2¼ tomatoes per lb.	
	Wedges (½"): Specify: 5 x 6 size.	¼ tomato = ¼ cup; 10 ¼-cup servings per lb.
	Slices: Specify: 6 x 7 size; slice ¼" thick.	¼ tomato = ¼ cup; 8 ¼-cup servings per lb.
	Cherry: Specify: Standard size, reasonably uniform in size.	4 tomatoes = ¼ cup (approximately); 10 ¼-cup servings per lb (halved).
Turnips	Specify: U.S. No. 1; 25-lb or 50-lb bags or 43-lb to 47-lb cartons; in counts of 24 bunches.	11 ¼-cup servings per lb (raw sticks); 8 ¼-cup servings per lb (cooked).
Yucca	Specify: 20-lb box.	8 ¼-cup servings per lb (cooked).

Buying Fresh Fruits

When ordering fresh fruits, be as specific as you can about type, quantity, and quality. The following chart lists suggested purchase specifications for a variety of fresh fruits.

Under *size and count* is sample language you might use when ordering a particular food. Under *serving size and yield*, you'll find information on yield indicated for a ¼-cup serving. A ¼-cup serving is used here for simplicity. Any serving size may be planned.

Where sizes are specified for fruits, they indicate numbers of fruit in a box. The higher the number, the smaller the fruit. (For example, 20 count specifies a larger fruit than 40 count.) Any fruit that is the same size as or larger than specified may be used.

SUGGESTED PURCHASE SPECIFICATIONS AND YIELDS FOR FRESH FRUITS

Fruit	Size and Count	Serving Size and Yield
Apples	Specify: size 138 to 150 or larger. Approximately 2¾" x 2⅝" diameter = 4 to 5 apples per lb.	1 apple = ½ cup; 17 ¼-cup servings per lb.
Apricots	Specify: U.S. No.1 extra jumbo, 8 per lb.	½ apricot = ¼ cup; 10 ¼-cup servings per lb (with skin).
Bananas	Purchase by count, 100 to 120 per 40-lb case; each fruit 6" to 7" long. Petite: 150 count per carton.	½ banana = ¼ cup; 6 ¼-cup servings per lb.
Blueberries	Specify: U.S. No.1; sold in pints.	1 pint = 8 ¼-cup servings.

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Cantaloupe	Specify: size 15-count. Medium size 5 1/2" diameter, 1 lb 10 oz per melon.	1/6 melon = 1/4 cup; 1 melon = **6** 1/4-cup servings; **7** 1/4-cup servings per lb.
Clementines	Specify: 5-lb box, 30 count to 33 count.	**7** 1/4-cup servings per lb.
Figs	Specify: small; purchase in 5-lb flats.	**8** 1/4-cup servings per lb.
Grapefruit	Specify: U.S. No.1, size 32.	1/4 large = 1/4 cup fruit and juice; **6** 1/4-cup servings per lb.
Grapes	Specify: variety desired; 23-lb lugs; seedless.	9 halved grapes = 1/4 cup. **10** 1/4-cup servings per lb.
Honeydew	Specify: U.S. No.1; 18 count in 30-lb carton.	**5** 1/4-cup servings per lb.
Kiwi	Specify: 39-count.	**6** 1/4-cup servings per lb (peeled).
Nectarines	Specify: size 64, U.S. No. 1 extra-fancy; medium size, 3 fruit per lb.	1 nectarine = about **3** 1/4-cup servings; **10** 1/4-cup servings per lb.
Oranges	Specify: size 138 (California or Arizona) or size 100 (Florida or Texas).	1 orange = about **3** 1/4-cup servings; **6** 1/4-cup servings per lb.
Passion Fruit	Specify: 28-, 32-, 36-, 40-, or 44-count pack.	**3** 1/4-cup servings per lb (pulp only).

Peaches	Specify: size 80; small, $3\frac{3}{4}$ to 4 peaches per lb.	1 peach = about $\frac{1}{4}$ cup; **10** $\frac{1}{4}$-cup servings per lb (pitted, with peel).
Pears, Bartlett	Specify: medium size 100; U.S. No. 1 grade standard, 2 to 3 pears per lb.	1 pear = about **3** $\frac{1}{4}$-cup servings; **11** $\frac{1}{4}$-cup servings per lb.
Pineapple	Specify: 20-lb cartons, count of 4, 5, 6, 7, or 8; or 40-lb cartons, count of 10, 12, 14, or 16; U.S. No. 1 fancy or No. 2.	**4** $\frac{1}{4}$-cup servings per lb.
Plums *Purple*	Specify: size 137, about 8 to 9 plums per lb.	1 plum = about $\frac{1}{4}$ cup; **10** $\frac{1}{4}$-cup servings per lb (pitted).
Italian	Medium size fruit: size 4 x 4.	**9** $\frac{1}{4}$-cup servings per lb (pitted).
Pomegranates	Specify: size 32; 25-lb box or 2-layer lug.	**2** $\frac{1}{4}$-cup servings per lb.
Raisins	Specify: bulk purchase or individual packages, $1\frac{1}{2}$ oz each.	Yield of bulk: $2\frac{2}{3}$ oz = about $\frac{1}{2}$ cup. Yield of individual packages: about $\frac{1}{4}$ cup of fruit.
Star Fruit (Carambola)	Packed in 20-, 25-, and 30-count cell box; weighs 20 lb.	**11** $\frac{1}{4}$-cup servings per lb.

Strawberries	Specify: U.S. No.1; minimum diameter $^3/_4$"; sold in quarts and pints.	1 pint = 8 $^1/_4$-cup servings.
Tangerines	Specify: size 120, $2^3/_8$" in diameter; 4 tangerines per lb.	1 tangerine = about $^1/_2$ cup; 7 $^1/_4$-cup servings per lb.
Watermelon	Specify: average size (will average 22 lb to 26 lb).	6 $^1/_4$-cup servings per lb.

How About A Snack?

In the Child Care Meal Pattern, two (2) items must be served for a mid-morning or mid-afternoon supplement (snack). These two items may be selected from the following:

- **fluid milk**
- **a meat/meat alternate**
- **a fruit, vegetable, or juice (full-strength)**
- **a grains/breads product**

Milk is mandatory for breakfast, lunch and supper, but not for snacks. However, if you serve only snacks, or a meal and two snacks, it is a good idea to include milk in at least one snack.

Young children enjoy cheese cubes and peanut butter at snack time. For other snack ideas, see Information Card 15.

Full-strength juice is always a welcome snack; however, you should not serve juice if you serve milk as the other component in the snack. Juice drinks (made with at least 50 percent full-strength juice) are permitted, but discouraged, because twice the volume is needed to meet the program requirements.

Grains/breads products must be made from whole grain or enriched flour. Cookies, although not credited as breads at breakfast, lunch, or dinner, may be part of a snack no more than twice a week.

(See Information Card 1 for Child Care Meal Patterns.)

Ideas for Snacks

Many foods are good for snacks. Below are some ideas, grouped as follows: Meat/Meat Alternate; Fruit, Juice, or Vegetable; and Grains/Breads. Also see Information Card 14 for more information on snacks and Card 11 for suggested finger foods.

Caution: Young children — especially ages 2 to 3 years — are at risk of choking on food. They remain at risk until they can chew and swallow better by about age 4. Always supervise children during meals and snacks. See note at the end of this card for a list of foods that may cause choking. Also listed are some foods that can be offered if you change the form.

MEAT/MEAT ALTERNATE

Quesadilla (melted cheese on a tortilla)

Peanut butter on toast fingers

Grated mozzarella cheese on a toasted English muffin spread with pizza sauce

Deviled hard-cooked egg half and toast triangles

Bread pudding (eggs and bread)

Cheese cubes and fresh fruit chunks

Cheese cubes and tomato juice

Tuna spread on a bagel

String cheese and juice

Cheese sandwich (cut with a cookie cutter) on whole-wheat bread

Cheese melted on mini shredded wheat

Turkey and ham slices in pita bread

Peanut butter and banana sandwich

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FRUIT, JUICE, OR VEGETABLE

Fruit smoothie (frozen fruit, yogurt, juice, ice)

Fresh vegetables and grain-based chips with dip

Frozen banana and milk

Grapes and lowfat cheese cubes

Carrot/raisin salad and milk

Fruit kabob

Some interesting fruit combos you might like to try...

Frozen yogurt cubes:
Mix equal parts of undiluted fruit juice concentrate and yogurt. Freeze with a popsicle stick in the center.

Banana yogurt popsicle:
Mix equal parts of mashed bananas and vanilla yogurt. Freeze in cubes with a popsicle stick in the center.

Banana dog:
Spread hot dog bun with peanut butter, drizzle with honey. Lay whole banana on top. Cut as desired.

Fruit burrito:
Place chopped fruit in a tortilla. Add a dash of cinnamon.

GRAINS/BREADS

Raisin-bran or blueberry muffin and milk

Quick-bread fingers: zucchini bread, pumpkin bread, banana bread

Graham crackers and milk

Crackers with peanut butter

Raisin bread squares and orange juice

Melba toast and juice

Breadsticks and juice

Fig bars and milk

Bagel half and juice

Crackers with cheese slices

Baked tortilla chips with salsa

Pretzels and juice

……

More interesting combos...

Frosty fruit:
Serve frozen grapes, frozen melon balls, or frozen berries with milk.

Trail mix:
Mix might include peanuts, miniature marshmallows, raisins, dates, and other dried fruit.

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Foods that may cause choking include the following...

hot dogs
raisins
whole grapes
chips
raw celery
nuts and seeds
chunks of meat
marshmallows
popcorn
cherries with pits
raw carrots
peanut butter (spoonfuls)
round or hard candy
pretzels
large pieces of fruit with skin

Some foods can be offered if you change the form. Here are suggestions...

1) Cut hot dogs lengthwise into thin strips.
2) Steam carrots or celery until slightly soft, then cut in sticks.
3) Cut grapes or cherries in small pieces.

Adjusting Recipes

The recipes in this package are standardized to yield both 25 and 50 servings. For example, if you look at the recipe for Corn Chowder, you will see directions to make either 25 servings (1/2 cup or 4 oz each) or 50 servings (1/2 cup or 4 oz each).

Since few child care centers serve exactly 25 or 50 portions, you may need to increase or decrease the quantities of ingredients to produce the number of servings you need. This information card will help you do this by answering the following questions:

1. How will you calculate the quantities of food needed in a recipe?
2. How will you use the Marketing Guide (listed in some recipes in this package) to calculate the quantities of food needed?

Fractions to Decimal Equivalents

1/8 = 0.12
1/4 = 0.25
3/8 = 0.37
1/2 = 0.50
5/8 = 0.62
3/4 = 0.75
7/8 = 0.87

As you do calculations, refer to Information Card 18, "Converting Common Measures, Common Weights, and Metric Equivalents." Also use this table, which shows decimal equivalents of common fractions.

1. *How will you calculate the quantities of food needed in a recipe?*

Here is a suggested procedure:

1. On the front of the recipe, in the column headed "For __ Servings," write the number of servings needed.

   For example: For *160* Servings

2. Divide this number by 50 (servings) to obtain a *factor*.

   For example: 160 divided by 50 (servings) = 3.2 (*factor*)

3. Multiply the amount of each ingredient in the 50 servings column (weight or measure) by the *factor* to obtain the amount to prepare for the adjusted number of servings.

   Remember to use the weights or measures from the 50 servings column and to choose between alternative ingredients, if given. Adjusting a recipe by weight is recommended; however, if volume measures will be used in preparing the recipe, adjust by volume measures.

4. Write the adjusted amount on the line in the "For __ Servings" column across from each ingredient. See examples below for adjusting by weight or volume.

Adjusting by Weight: Two Examples

Example 1:

The recipe specifies 14 ounces of an ingredient for 50 servings. The factor obtained by the previous calculation is 3.2. Make the following calculation:

14 ounces (amount for 50 servings)	X	3.2 (*factor*)	=	44.8 ounces (amount in adjusted recipe)

Convert 44.8 ounces into pounds and ounces. Using Information Card 18, "Converting Common Measures, Common Weights, and Metric Equivalents," you'll see that 44.8 ounces is 2 lb 12.8 ounces.

The decimal .8 will need to be changed to the nearest measurable amount, 1 ounce.

Example 2:

The recipe specifies 1 lb 8 oz of an ingredient for 50 servings. The factor obtained by the previous calculation is 3.2. First, change the ounce measure to the decimal part of a pound. In this case, it would be 1.5 pounds:

1 lb 8 oz (amount for 50 servings)	=	1.5 lb (decimal equivalent)

Multiply 1.5 lb by the factor.

1.5 lb	X	3.2 (*factor*)	=	4.8 lb (amount in adjusted recipe)

Convert the decimal part of the pound (.8) to the nearest measurable amount (13 ounces or 7/8 pound).

Adjusting by Volume (Measure): Two Examples

Example 1:

The recipe specifies 2 cups of an ingredient for 50 servings. The factor obtained by the previous calculation is 3.2. Make the following calculation:

2 cups (amount for 50 servings)	X	3.2 (*factor*)	=	6.40 cups (amount in adjusted recipe)

Increase 6.40 cups to the next higher measurable amount, 6.50 cups (6$\frac{1}{2}$ cups). See "Fractions to Decimal Equivalents" on page 63.

Example 2:

The recipe specifies 1$\frac{1}{4}$ cups for 50 servings. The factor obtained by the previous calculation is 3.2. Change the fraction to the nearest decimal equivalent. (See page 63.)

1$\frac{1}{4}$ cups (amount for 50 servings)	=	1.25 cups (decimal equivalent)

Multiply 1.25 cups by the factor.

1.25 cups (*factor*)	X	3.2	=	4 cups (amount in adjusted recipe)

2. *How will you use the Marketing Guide (listed in some recipes in this package) to calculate the quantities of food needed?*

Some recipes call for fruits and vegetables that need further preparation after purchasing. For example, a recipe might call for 2 cups of peeled, sliced apples. The Marketing Guide tells you what quantity of apples to purchase in order to obtain 2 cups of peeled slices.

If you are adjusting a recipe to obtain fewer or more than 25 or 50 servings, you will need adjusted quantities listed in the Marketing Guide. Here's how you will do this:

1. In the column headed "For __ Serving Recipe," write the number of servings needed.
2. Note the factor you have used to adjust recipe ingredients. For example, the factor used in the examples above was 3.2. Using that factor, calculate the amount of each ingredient to purchase as follows:
    - — Looking at the Marketing Guide, find the weight or volume measure listed in the column called "For 50-Serving Recipe."
    - — Multiply this figure by the factor.
3. Write the amount to purchase in the "For __ Serving Recipe" column across from each food item.

The Marketing Guide will indicate the amount needed if good quality food is purchased and prepared by methods that result in a minimum of waste. More food may be needed to obtain the amount specified in the recipe if lower quality food is used and preparation losses are above average.

Weighing and Measuring Ingredients

The recipes in this package list both weight and volume measures for most ingredients. However, for liquids and for ingredients in amounts less than 2 ounces, only volume measures are given.

Keep in mind that weighing is more accurate than measuring. Whenever possible, weigh the ingredients.

If scales are not available, be sure to use the correct methods of *measuring* ingredients as suggested below. In general, to measure liquid and dry ingredients:

- Use standard measuring equipment and/or utensils.
- Make measurements level.
- Use the *largest* appropriate measure to save time and to reduce margin of error. For example, use a 1-gallon measure one time rather than a 1-quart measure four times. (*Exception*: To measure flour, use no larger than a 1-quart measure. Otherwise, flour will pack.)

***Here are measuring procedures for common foods*:**

Flour (white or whole-grain) or meal (such as cornmeal):

Stir flour and then spoon flour lightly into measure and level off with straight-edged knife or spatula. (Recipes were standardized *without* sifting.)

Do not shake or tap measure.

Be sure flour does not pack. (Flour should be measured in nothing larger than a quart.)

Nonfat dry milk:

Stir lightly. Spoon into measure and level off with a spatula.

Dried whole eggs:

Spoon lightly into measure and level off with a spatula.

Sugar, granulated, white or brown:

Spoon into measure and level off with a spatula. If lumpy, sift before measuring.

Brown sugar, packed:

If lumpy, roll out lumps with rolling pin. Pack regular brown sugar firmly into measure. The sugar should take the shape of the container when turned out.

Baking powder, baking soda, and dry spices:

Stir lightly. Fill measuring spoons to heaping. Level with spatula.

Butter, margarine, and shortening:

Press solid fat firmly into measure and level off with spatula.

When formed in measureable sticks or pounds, simply slice off the amount needed. For easy measuring:

- 1 stick (1/4 pound) measures 1/2 cup.
- 4 sticks (1 pound) or a 1-pound block measures 2 cups.

Converting Common Measures, Common Weights, and Metric Equivalents

The tables on pages 72 and 73 are designed to help you convert parts of tablespoons, cups, quarts, gallons, and pounds to accurate measures, weights, or metric units.

Use the Common Measures Table to change teaspoons to tablespoons, tablespoons to cups, cups to quarts, quarts to gallons, or any combination.

Use the Common Weights Table to change ounces to parts of pounds, or parts of pounds to ounces. The following examples show how this works.

Example 1: COMMON MEASURES

Using the Common Measures Table (see page 72), determine the number of cups in $^1/_8$ gallon, using these steps:

1. Locate the table that includes gallon measures; look down the gallon column to $^1/_8$ gal. The table shows that:

   $^1/_8$ gal = $^1/_2$ qt

2. Locate the table that includes quart and cup measures; look down the quart column to $^1/_2$ qt. The table shows that:

   $^1/_2$ qt = 2 cups

These steps can be followed in reverse order to find, for example, the part of a gallon which equals 2 cups.

Example 2: COMMON WEIGHTS

Using the Common Weights Table (page 73), change ounces to parts of pounds or parts of pounds to ounces.

1. To determine what part of a pound 8 ounces is, look down the table to 8 oz.
2. Note that the table shows that 8 oz = $^1/_2$ lb.

COMMON MEASURES TABLE

Teaspoons (tsp) to Tablespoons (Tbsp)

3 tsp = 1 Tbsp
$2\frac{1}{2}$ tsp = $\frac{7}{8}$ Tbsp
$2\frac{1}{4}$ tsp = $\frac{3}{4}$ Tbsp
2 tsp = $\frac{2}{3}$ Tbsp
$1\frac{7}{8}$ tsp = $\frac{5}{8}$ Tbsp
$1\frac{1}{2}$ tsp = $\frac{1}{2}$ Tbsp
$1\frac{1}{8}$ tsp = $\frac{3}{8}$ Tbsp
1 tsp = $\frac{1}{3}$ Tbsp
$\frac{3}{4}$ tsp = $\frac{1}{4}$ Tbsp

Tablespoons (Tbsp) to Cups

16 Tbsp = 1 cup
14 Tbsp = $\frac{7}{8}$ cup
12 Tbsp = $\frac{3}{4}$ cup
$10\frac{2}{3}$ Tbsp = $\frac{2}{3}$ cup
10 Tbsp = $\frac{5}{8}$ cup
8 Tbsp = $\frac{1}{2}$ cup
6 Tbsp = $\frac{3}{8}$ cup
$5\frac{1}{3}$ Tbsp = $\frac{1}{3}$ cup
4 Tbsp = $\frac{1}{4}$ cup
2 Tbsp = $\frac{1}{8}$ cup
1 Tbsp = $\frac{1}{16}$ cup

Cups to Quarts (qt)

4 cups = 1 qt
$3\frac{1}{2}$ cups = $\frac{7}{8}$ qt
3 cups = $\frac{3}{4}$ qt
$2\frac{2}{3}$ cups = $\frac{2}{3}$ qt
$2\frac{1}{2}$ cups = $\frac{5}{8}$ qt
2 cups = $\frac{1}{2}$ qt
$1\frac{1}{2}$ cups = $\frac{3}{8}$ qt
$1\frac{1}{3}$ cups = $\frac{1}{3}$ qt
1 cup = $\frac{1}{4}$ qt
$\frac{1}{2}$ cup = $\frac{1}{8}$ qt
$\frac{1}{4}$ cup = $\frac{1}{16}$ qt

Quarts (qt) to Gallons (gal)

4 qt = 1 gal
$3\frac{1}{2}$ qt = $\frac{7}{8}$ gal
3 qt = $\frac{3}{4}$ gal
$2\frac{2}{3}$ qt = $\frac{2}{3}$ gal
$2\frac{1}{2}$ qt = $\frac{5}{8}$ gal
2 qt = $\frac{1}{2}$ gal
$1\frac{1}{2}$ qt = $\frac{3}{8}$ gal
$1\frac{1}{3}$ qt = $\frac{1}{3}$ gal
1 qt = $\frac{1}{4}$ gal
$\frac{1}{2}$ qt = $\frac{1}{8}$ gal
$\frac{1}{4}$ qt = $\frac{1}{16}$ gal

COMMON WEIGHTS TABLE

Ounces (oz) to Pounds (lb)

16 oz = 1 lb
14 oz = 7/8 lb
12 oz = 3/4 lb
10 2/3 oz = 2/3 lb
10 oz = 5/8 lb
8 oz = 1/2 lb
6 oz = 3/8 lb
5 1/3 oz = 1/3 lb
4 oz = 1/4 lb
2 oz = 1/8 lb
1 oz = 1/16 lb

COMMON TO METRIC

Weight

2.2 lb = 1 kilogram (kg)
2 lb = 907 grams (g)
1 lb = 454 g
8 oz = 227 g
4 oz = 113 g
1 oz = 28 g
3/4 oz = 21 g
1/2 oz = 14 g
1/4 oz = 7 g

Fluid Measure, Volume

1.05 qt = 1 liter (l)
1 quart = 946 milliliters (ml)
1 cup = 237 ml
1/2 cup = 118 ml
1/4 cup = 59 ml

Can Sizes (Common Weights and Measures)

Can Size*	Average Net Weight of Fluid Measure Per Can**	Average Volume Per Can in Cups	Cans Per Case	Approximate No. of Cans Equal to One No. 10 Can***	Common Products Found in Can Size
Institutional Size:					
No. 10	6 lb 2 oz (98 oz) to 7 lb 5 oz (117 oz)	12 to 13 2/3	6	1	Fruits, vegetables, other foods
No. 3 Cyl	51 oz (3 lb 3 oz) or 46 fl oz (1 qt 1 7/8 cups)	5 3/4	12	2	Condensed soups, vegetables, meats and poultry, juices
No. 5 Squat	4 lb to 4 1/4 lb	8	16 to 20	1 1/2	Tunafish, sweet potatoes
Family Size:					
No. 2 1/2	26 oz (1 lb 10 oz) to 30 oz (1 lb 14 oz)	3 1/2	24	3 1/2	Fruits, vegetables
No. 2 Cyl	24 fl oz (3 cups)	3	24	4	Juices, soups
No. 2	20 oz (1 lb 4 oz) or 18 fl oz (2 1/4 cups)	2 1/2	24	5	Juices, ready-to-serve (RTS)**** soups, fruits

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Can Size*	Average Net Weight of Fluid Measure Per Can**	Average Volume Per Can in Cups	Cans Per Case	Approximate No. of Cans Equal to One No. 10 Can***	Common Products Found in Can Size
Small Cans:					
303	16 oz (1 lb) to 17 oz (1 lb 1 oz)	2	24 or 36	6½	Fruits, vegetables, meats and poultry, RTS**** soups
No. 300	14 oz to 16 oz (1 lb)	1¾	24	7	Fruits, meats, vacuum-packed corn
No. 2 .... (Vacuum)	12 oz	1½	24	8 to 9	Fruits, meats
No. 1 .... (Picnic)	10½ oz to 12 oz	1¼	48	10 to 11	Condensed soups, fruits, vegetables, meats, fish
8 oz	8 oz	1	48 or 72	12	RTU**** soups, fruits, vegetables

* Can sizes are industry terms and do not necessarily appear on the label.

** The net weight on can or jar labels differs according to the density of the contents. For example: a No. 10 can of sauerkraut weighs 6 lb 3 oz; a No. 10 can of cranberry sauce weighs 7 lb 5 oz. Meats, fish, and shellfish are known and sold by weight of contents.

*** Number of cans to equal a No. 10 can are approximate measures. More exact measures can be made by using exact volume or weight of contents.

**** RTU = Ready-to-use.
RTE = Ready-to-eat.
RTS = Ready-to-serve.

Portion Control

Each of the recipes in this package indicates the size of one serving. It is important to follow the given serving size as closely as possible.

This will enable you to: (1) serve the correct amount of food to each child; (2) obtain the number of servings the recipe has been standardized to yield.

Scoops, ladles, or spoons of standard sizes help in serving equal-size portions. Here is more information on each:

Ladles

The following sizes of ladles will help you obtain equal-size servings of soups, sauces, creamed foods, and other similar foods. Perforated ladles are available for accurate portioning of foods that need draining.

This ladle size:	*Contains approximately*:
1 oz	1/8 cup
2 oz	1/4 cup
4 oz	1/2 cup
6 oz	3/4 cup
8 oz	1 cup

Scoops (or Dishers) (or Dippers)

These are numbered according to size. The number, on the end of the handle or the strip inside, indicates how many level scoopfuls it takes to make 1 quart. The following table gives approximate measures for a variety of scoop sizes:

Size	*Measure*
6	2/3 cup
8	1/2 cup
10	3/8 cup
12	1/3 cup
16	1/4 cup
20	3 1/3 Tbsp
24	2 2/3 Tbsp
30	2 Tbsp
40	1 2/3 Tbsp
50	3 3/4 tsp
60	3 1/4 tsp
70	2 3/4 tsp
100	2 tsp

Serving Spoons

A serving spoon (solid or slotted) may be used instead of a scoop. Since these spoons are not identified by number, for portion control be sure to measure or weigh the quantity of food a particular spoon holds.

Measuring Cups

A measuring cup can be used in place of a scoop (or disher or dipper). Measuring cups are not as expensive to purchase.

Pan Sizes and Capacities

PAN SIZES AND CAPACITIES		
Pan	Size	Capacity
Steamtable Pans*	12" x 20" x 2"	8 qt
Half-Steamtable Pans	12" x 10" x 2"	4 qt
Cake Pans	26" x 18" x 2"	8 to 10 lb
Sheet Pans	26" x 18" x 1"	4 to 6 lb
Half-Sheet Pans	13" x 18" x 1"	2 to 3 lb
Quarter-Sheet Pans	13" x 9" x 1"	1 to 1½ lb
Cake Pan	9" x 13" x 2"	1 to 1½ lb
Bread Pan	5" x 6" x 4"	3 to 5 lb

* The size of steamtable pans may vary according to manufacturer.

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COMMON KITCHEN PANS TO USE AS CASSEROLES

When the recipe calls for:	**Use:**
4-cup baking dish	9" pie plate 8" x 1¼" layer cake pan 7⅜" x 3⅝" x 2¼" loaf pan
6-cup baking dish	8" or 9" x 1½" layer cake pan 10" pie plate 8½" x 3⅝" x 2⅝" loaf pan
8-cup baking dish	8" x 8" x 2" square pan 11" x 7" x 1½" baking pan 9" x 5" x 3" loaf pan
10-cup baking dish	9" x 9" x 2" square pan 11¾" x 7½" x 1¾" baking pan 15" x 10" x 1" jelly-roll pan
12-cup baking dish	13½" x 8½" x 2" glass baking dish 13" x 9" x 2" metal baking pan 14" x 10½" x 2½" roasting pan

Substituting Ingredients in Recipes

Be careful when substituting ingredients in recipes. The following list shows foods and quantities that may be used successfully in place of other ingredients.

In place of this....		Use this...
1 teaspoon baking powder		1/4 teaspoon baking soda *plus* 5/8 teaspoon cream of tartar
1 tablespoon double-acting baking powder		3/4 teaspoon baking soda plus 1 1/2 cups buttermilk or sour milk (to replace 1 1/2 cups liquid)
1 package active dry yeast (1/4 ounce)		2 1/4 teaspoons active dry yeast
1 ounce active dry yeast	*OR*	3/4 ounce instant yeast (check manufacturer's instructions) 2 ounces compressed yeast
1 cup fluid whole milk		1/3 cup instant nonfat dry milk *plus* 1 cup water and 2 1/2 teaspoons margarine or butter
1 cup cake flour		1 cup all-purpose flour *minus* 2 tablespoons
1 cup flour (for thickening)	*OR*	1/2 cup cornstarch 2/3 cup granulated tapioca
1 tablespoon flour (for thickening)	*OR*	1/2 tablespoon cornstarch 2 teaspoons quick-cooking tapioca

PREPARATION TIPS

In place of this....		Use this...
1 ounce or 1 square chocolate		3 tablespoons cocoa *plus* 1 tablespoon butter or margarine
1 cup butter		1 cup margarine
1 cup shortening		1 cup to 1⅛ cups butter; also *subtract* ½ teaspoon salt from the recipe
1 cup shortening or butter		½ cup shortening or margarine *and* ½ cup applesauce
2 No. 10 cans tomato puree		1 No. 10 can tomato paste *plus* 1 No. 10 can water
8 ounces tomato puree		4 ounces tomato paste *plus* 4 ounces water
4 No. 10 cans tomato juice		1 No. 10 can tomato paste *plus* 3 No. 10 cans water
1 46-oz can tomato juice		11½ ounces tomato paste *plus* 34½ ounces water
1 cup sour milk or buttermilk		1 cup milk *plus* 1 tablespoon lemon juice or vinegar (let stand 5 minutes)
	OR	
		1 cup milk *plus* 1¾ teaspoons cream of tartar
1 quart lemon juice		1 cup lemon juice concentrate (3 to 1) *plus* 3 cups water
12 fresh eggs		2½ cups fresh eggs or frozen liquid pasteurized eggs, thawed
	OR	
		6 oz (2 cups) dried whole sifted eggs mixed with 2 cups water

A Guide to Cooking Terms and Abbreviations for Measures

Below are some of the common terms used in cooking. You will find many of these used in the recipes in this package.

At the end of this card, you'll also find: (1) a list of terms used to describe oven temperatures; and (2) abbreviations for common measures.

Glossary of Cooking Terms

Al dente	An Italian cooking term meaning to cook until tender but still slightly firm. Translated literally from Italian "to the tooth," the term is usually used to describe cooking pasta, but it can also apply to vegetables.
A.P.	An abbreviation for "As Purchased" weight (in other words, before trimming or other preparation).
Bake	To cook by dry heat, usually in an oven. A suitable cooking method for meat, bread, and casseroles.
Barbecue	To roast or broil a food which is usually brushed with a highly seasoned sauce.
Baste	To spoon liquids, sauce, or meat juice over food to keep it moist during cooking and to add flavor.
Batch cooking	To cook smaller "batches" of food (rather than cooking one large amount and holding it throughout the meal). Also: cooking in smaller batches to meet the demand of children who eat at different times. Batch cooking is often done in food service with foods (such as pasta, steamed spinach, and hamburgers) that will not retain their fresh properties if large quantities are made and held.

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Batter	A thin mixture of flour and liquid which can be poured or dropped from a spoon, such as for pancakes. Also, "to batter" means "to coat with batter."
Beat	To mix vigorously by hand or with mixing equipment to make a mixture light, fluffy, or smooth.
Blend	To mix (stir) two or more ingredients.
Boil	To cook rapidly in water or liquid so that bubbles rise and break on the surface.
Braise	To cook slowly in a covered container with a small amount of liquid or water. A suitable cooking method for less tender cuts of meat.
Bread (Dredge)	To coat food with bread crumbs, cracker crumbs, or flour before cooking.
Broil	To cook by direct heat from a flame, electric unit, or glowing coals; a suitable cooking method for tender cuts of meat.
Brown	To cook food, generally meat, until it is uniformly brown on all sides.
Chill	To cool a food with ice water or refrigeration.
Chop	To cut food into small pieces with a knife or chopping equipment.
Convection oven	A more rapid way of cooking and browning foods due to a strong circulation of hot air.
Cream	To work foods (such as shortening and sugar) together with a spoon or mixer, until soft, fluffy, and thoroughly blended.
Crumb (Coat)	To cover with crumbs, flour, or sugar.
Cut in	To mix solid fat, such as butter or margarine, into dry ingredients with a cutting motion until the shortening remains in small particles.
Dice	To cut into small cubes with a knife or cutting equipment.
Dough	A stiffer version of a batter, such as for bread or cookies.

Dredge (Bread)	To coat a food by dipping in crumbs, flour, cornmeal, sugar, or other coatings.
Fold	To combine food ingredients into a mixture using gentle turning motions (as few as possible) until the ingredients are blended.
Fry	To cook food in a small amount of fat over heat in a skillet, pan, or griddle. This can also refer to "deep frying" or "French-frying" in a large volume of preheated fat.
Glaze	To coat with an egg, sugar, or gelatin mixture to produce a glossy appearance on a food.
Grind	To mince or pulverize food, such as meat, into small particles by using a food chopping device or meat grinder.
IQF	An acronym for "Individually Quick Frozen."
Julienne	To cut into thin, short strips.
Knead	To work with dough, such as bread dough, by pressing, folding, and stretching to develop the gluten in the dough structure.
Marinate	To modify a food's flavor or texture by soaking, for a period of time, in a medium of oil, acid, and flavorings. Meats and vegetables are sometimes marinated, especially if they are to be grilled.
Melt	To turn a solid food into a liquid by heating.
Mince	To finely chop food, such as garlic, into very small pieces.
Mix	To blend or combine two or more foods or ingredients.
Parboil	To boil in water briefly as a preliminary cooking step. May be used with vegetables or meat before roasting or barbecuing.
Pare	To thinly trim off the outer covering or skin of a food, such as potatoes.
Peel	To strip off the outer covering of a food, such as oranges or bananas.
Punch down	To remove air bubbles from risen yeast dough by pushing the dough down with the fists.

Reconstitute	To restore a concentrated food (such as a juice concentrate) to its original strength by adding liquid; to restore dried foods (such as nonfat dry milk or onions) to their original state by adding liquid.
Rehydrate	To add fluids back into a dried food such as dehydrated onions.
Roast	To bake without water, uncovered, in an oven. A suitable cooking method for tender meats or poultry.
Saute	To cook in a small amount of fat at a very high heat until tender.
Scald	To heat a liquid, such as milk, to a temperature just below the boiling point. Tiny bubbles will appear around the edge of the pan.
Score	To make shallow cuts lengthwise and crosswise on the surface of a dough or meat.
Shred	To cut or grate foods into narrow strips.
Simmer	To cook in liquid that is kept just below the boiling point.
Slice	To cut a food with a knife or slicing equipment.
Steam	To cook food in steam generated by boiling water or steam equipment.
Stir	To mix ingredients with a circular motion without beating.
Stir-fry	To quickly cook, in a small amount of oil, tossing and stirring lightly to preserve the shape of the food.
Stock	A natural soup or gravy base made from cooking vegetables, meat, fish, or poultry, in water.
Tender-crisp	To cook vegetables until "tender-crisp" means to cook until they are just beginning to become tender. Vegetables cooked this way remain bright in color.
Whip	To rapidly beat a food, such as eggs or cream, incorporating air to lighten the mixture and to increase its volume. Usually, whipping is done with a whisk, fork, or mixing equipment.

Terms Used to Describe Oven Temperatures

If this term is used	Oven temperature should be between:
Very slow oven	250° and 275°F
Slow oven	300° and 325°F
Moderate oven	350° and 375°F
Hot oven	400° and 425°F
Very hot oven	450° and 475°F
Extremely hot oven	500° and 525°F

Some things to keep in mind:

1. **Always pre-heat your oven.** At least 10 to 15 minutes prior to putting foods in the oven to cook or bake, turn the oven on, set to the temperature specified in the recipe.

2. **Calibrate ovens regularly and check them often**. Check ovens frequently with oven thermometers to make sure preset temperatures are being reached. In the event of an unstable temperature, your local utility company will be able to re-calibrate the oven temperature, correctly, for you.

Abbreviations of Measures

teaspoon	tsp
tablespoon	Tbsp
ounce	oz
fluid ounce	fl oz
pound	lb or #
pint	pt
quart	qt
gallon	gal
weight	wt
number	No.
package	pkg

Making Sandwiches

Sandwiches may be served hot or cold, closed or open-faced. They can be made with many different types of breads and rolls. To add variety to your menus, include breads and rolls with different flavors, textures, sizes, and shapes.

Besides enriched white bread, for example, consider using whole wheat, rye, pumpernickel, French, raisin, Italian, Boston brown, or cheese bread made with whole-grain or enriched flour.

Hamburger rolls, frankfurter rolls, hard and soft rolls, pitas, English muffins, tortillas, and bagels all make good sandwich bases. Breads with a relatively firm texture make good sandwiches for eating out-of-hand because they won't bend or lose fillings.

Below, you will find important food handling precautions, followed by a list of suggested tools and equipment, and directions for making sandwiches. (For information on what makes a product acceptable to serve as a grains/breads for CACFP, see Information Card 2.)

Food Handling Precautions:

1. **Make sandwiches the day they are to be served.** Make them a tray at a time, so that they can be immediately refrigerated after preparation.

2. **Make appropriate quantities of prepared fillings.** Make prepared fillings only in such quantities as will be used during one serving period. Avoid leftovers. Never hold over any perishable protein foods or fillings.

3. **Handle bread and fillings as little as possible during preparation.** Avoid having your hands be in direct contact with foods if tools or equipment can do the job efficiently.

4. **Wear disposable plastic gloves if possible.** Disposable plastic gloves should be considered necessary equipment. Change gloves frequently to avoid tearing and to prevent excessive perspiration. If you cannot wear gloves, be sure to wash hands frequently.

   Also, change gloves during or between tasks as needed to avoid contaminating the food. For example, after carrying a tray of sandwiches to the refrigerator, put on new gloves (or wash your hands) before returning to food preparation. Since you have touched the handle of the refrigerator door, which is contaminated, it is unsafe to return to handling food without changing gloves (or washing your hands).

5. **Avoid stacking sandwiches more than three high in the refrigerator.** This is important because foods stored in the refrigerator need to reach the desired cold temperature within a certain amount of time. If sandwiches are stacked more than three high, sandwich fillings will be insulated and will, therefore, not cool as quickly as they should.

Pre-Preparation

1. **Have all ingredients ready to use.** For example, pre-prepare all salad fillings and have them well-chilled. Continue to refrigerate salad fillings when not in use. Set appropriate scoop (dipper) nearby to ensure correct portion control.

   If lettuce is desired, purchase dark green leaf lettuce; wash thoroughly; separate leaves, drain, and crisp. Allow 1 medium head for 25 whole sandwiches.

   Evenly slice foods, such as tomatoes, cheese, and meats. For quick and easy pickup, cross-stack sliced ingredients such as cheese and meat.

2. **Allow plenty of space to work.** One slice of bread or a bun takes up at least 4 square inches.

3. **Assemble all equipment and ingredients in advance.** Place within easy reach toward back of table. Arrange ingredients in the order to be used.

Suggested Tools and Equipment

- Cutting board
- Disposable plastic gloves
- Knives
- Mixing bowls
- Sandwich bags or waxed paper
- Scoops or dippers
- Spatula
- Spoons
- Storage pans
- Trays

Assembly

How quickly can you assemble 25 sandwiches without jeopardizing quality or safety? You might be surprised. Here is a four-step process that works well.

To obtain 50 servings (1/2 sandwich per serving), assemble and cut 25 whole sandwiches as follows:

STEP 1. Using both hands (clean or gloved), grasp bread and place slices onto tray in 5 rows of 5 each.

STEP 2. With your left hand, scoop a portion of sandwich filling onto the center (or upper right) of each slice.

STEP 3. With your right hand, use a stroke of the spatula away from you and a stroke toward you to spread filling evenly to edges of bread. With your left hand, place lettuce (if using) on filling.

STEP 4. With both hands, grasp bread and place a slice over each filled slice, matching edges of bread. Stack sandwiches in twos. Hold sandwiches together with your thumb and first finger of your left hand.

With your right hand, cut through each stack, one stack at a time, using a sharp serrated knife. To prevent tearing the bread as you cut, use a sawing motion.

The illustration on pages 92 and 93 shows you these same steps for preparing 16 whole sandwiches to make 32 half-sandwich servings.

Holding Assembled Sandwiches

It's important to keep food safety in mind as you assemble and hold sandwiches. *Serve sandwiches the same day they are made.* Put in refrigerator as soon as assembled and store properly until serving time. To hold properly:

- If you are stacking sandwiches on trays, be sure to stack no more than three high so the cold air of the refrigerator can penetrate the filling of each sandwich.
- Cover the entire tray with waxed paper and a damp cloth, to hold under refrigeration until serving time.

- or -

Place sandwiches in sandwich bags; fold in waxed paper; or place in pans with covers. Refrigerate until serving time.

MAKING SANDWICHES — QUICKLY AND SAFELY

Below is a method to make a large number of sandwiches in a short amount of time. Sandwich makers may adapt the technique to meet the needs of each individual food service setting.

Have ready within easy reach:

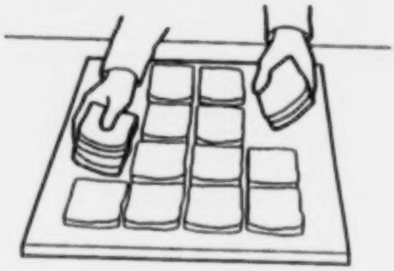
Tools
Serrated knife
Spatula
Scoop (size according to recipe portion instructions)
Plastic wrap
Disposable plastic gloves
Storage tray or bins
Cutting surface

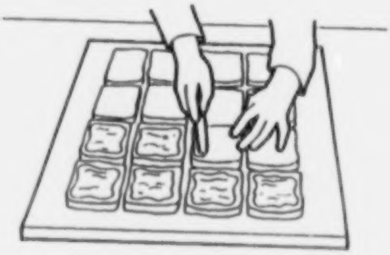
Foods
Loaves of sliced bread

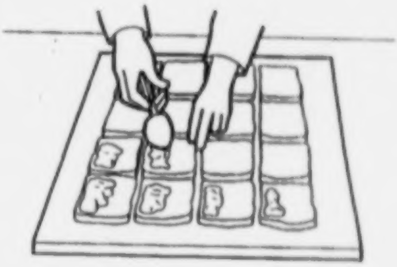
Sandwich spread (optional): Mayonnaise, mustard, spreadable butter or margarine

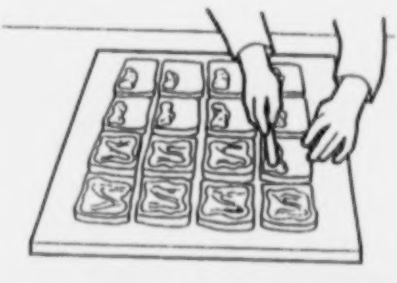
Sandwich filling(s): Sliced meat, sliced cheese, peanut butter; or prepared fillings such as tuna salad, egg salad, or chicken or turkey salad

Fresh vegetables: Lettuce, sliced tomatoes, etc., rinsed and drained









Pre-Preparation

1. If desired, freeze bread a day ahead. Working with frozen bread allows easier spreading of fillings that tend to tear fresh bread.
2. Make prepared fillings only in the amount that will be used during one serving period. Refrigerate prepared fillings until sandwiches are to be made.

Assembly

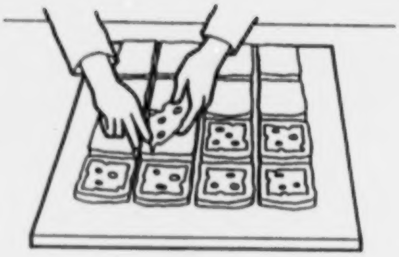
1. For 16 sandwiches, pick up four slices of bread in each hand. Lay them out in a single row and repeat, making a square of 4 x 4 (16 slices).
2. Dip spatula in sandwich spread (if using). Spread from right to left, covering each slice of bread.
3. *If using sandwich fillings*: Dip scoop in filling and level against the edge of the container. Place filling on each slice of bread. With spatula, spread filling to upper left then lower right, then down to lower left, using an "S" motion.

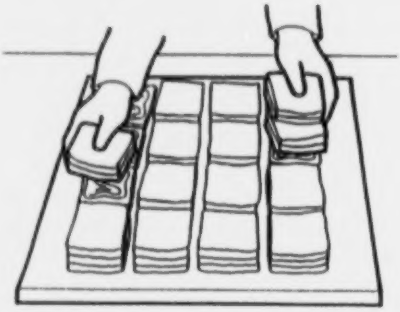
If using pre-sliced ingredients (such as meat or cheese): For easy handling, prior to assembly, cross-stack pre-sliced ingredients. When ready to assemble, place on bread. Add lettuce, tomatoes, etc., as desired.

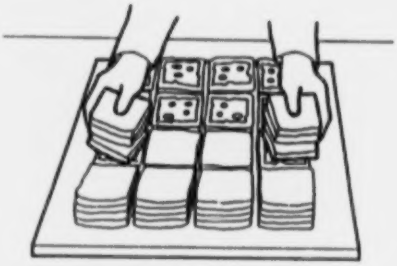
4. For second layer, pick up four slices of bread in each hand, place *two* slices on each filled slice. The second slice forms the bottom of the next layer of sandwiches.

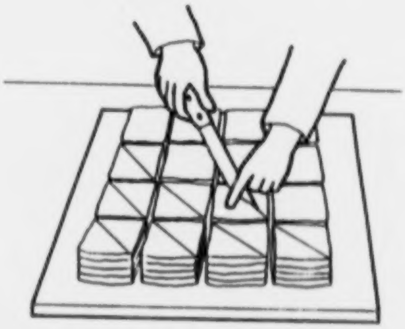
5. Repeat Steps 2, 3, 4. Top final layer of filled sandwiches with slices of bread.

Do not stack more than three layers of sandwiches. The weight tends to crush the bottom layer if stacked higher. Also, higher stacks prevent sandwich fillings from being properly chilled during refrigerator storage.









6. Cut through entire stack of sandwiches diagonally, starting in upper left corner. Use thumb and forefinger to steady sandwiches. Use serrated knife with a sawing motion. Wrap sandwiches individually or place on storage trays. Keep covered and airtight. Refrigerate. Serve the same day as prepared.

Note: Wear disposable plastic gloves when preparing or handling sandwiches. Handle bread and fillings as little as possible during preparation.

Guidelines for Preparing Fresh Vegetables

***A note about storing fresh vegetables*:**

Most fresh vegetables should be stored in plastic bags in the refrigerator. Some fresh vegetables, such as asparagus, beans, brussels sprouts, greens, and peas, should be used as quickly as possible.

Potatoes, onions (both white and sweet), and uncut winter squash should be stored in a cool dark place at 45°F to 50°F, just above refrigerator temperature. If they must be stored at room temperature, use within 1 week. Never store these foods in the refrigerator; the starch will convert to sugar.

***Tips for preparing fresh vegetables (for cooking or for serving raw)*:**

- For broccoli, brussels sprouts, cauliflower, or greens: Begin by soaking in cold salted water (2 Tbsp salt per gallon of water) for 1/2 hour. Rinse and drain before cooking or serving raw. (If insects are present, they are sometimes not visible until soaking. This is an important reason for this step.)
- Some of the hardier vegetables, such as potatoes, will need to be scrubbed with a vegetable brush to remove dirt from the crevices.
- If a cooked vegetable is to be served as a finger food, keep the pieces small enough to be picked up easily.
- If the vegetables are to be served raw, cut into shapes and sizes that children can easily pick up — for example, sticks 1/4- to 1/2-inch wide and 2 to 3 inches long. *To help prevent choking* (a hazard for small children), cut items into strips, rather than rounds or cubes.

Directions for Preparing Vegetables

Here are directions for preparing a variety of vegetables. Vegetables which make good finger foods are starred (*). Also see Information Card 11 for suggested finger foods.

Asparagus spears*	Break off the tough lower ends of the stalk. Wash. If sandy under scales, scrape off scales. Brush gently with a soft brush. Swish in water. These are a tasty finger food when cooked, cooled, and drained.
Beans, Blackeye Beans or Peas, or Lima	Shell. (Scald pods to make shelling easier.) Rinse.
Beans, green or wax*	Wash. Trim ends; remove any strings. Cut or break into 1-inch pieces, slit lengthwise into thin strips (for French-cut beans), or leave whole for a different type of finger food, after cooking.
Beets	Remove tops, leaving 2-inch stems on beets. Wash. Remove stems, roots, and peel after cooking.
Broccoli florets*	Cut off tough stalk ends. Wash. Cut florets from stalks. Save stalks to shred for coleslaw or to use chopped in salads. Chopped broccoli adds interest and crunch to salads. Broccoli florets make a simple-to-prepare finger food.
Broccoli spears*	Cut off tough stalk ends. Wash. Cut broccoli lengthwise, if thick, to speed cooking. Cut horizontally into thirds. After cooking, these make excellent finger foods.
Brussels sprouts*	Remove discolored outer leaves. Wash. For cooked vegetable, cut an X in the stem end to hasten cooking. When cooled, brussels sprouts make a no-fuss finger food.
Cabbage*	Remove discolored outer leaves. Wash thoroughly. Quarter and core. Crisp in cold water, if wilted. Shred or cut into ½-inch wedges. Wedges are more easily eaten as a finger food after cooking and cooling.
Carrots*	Wash. Scrape or peel with vegetable peeler. Cut off ends. Chop or cut into slices or sticks. Children enjoy carrots raw or cooked.

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Cauliflower*	Remove outer leaves and stalks. Break into florets. Wash. Cauliflower florets make an attractive finger food either raw or cooked.
Celery*	Separate ribs; wash celery and scrub grooves with brush. Trim off root and blemishes. Chop, slice, or cut into sticks. For a finger food, fill with peanut butter, low-fat cottage cheese or reduced-fat cream cheese (thinned slightly with milk). Pimentos may be added to cream cheese for color or extra flavor. Well-drained, crushed pineapple is also an option.
Cherry tomatoes*	Wash, remove blossom-end stems. Should be halved for easier eating.
Corn on cob	Husk; remove silk. Rinse; do not allow to stand in water.
Cucumbers*	Wash. Peel if waxed or if skins are tough. Cut into strips, chunks, or wheels.
Eggplant	Wash. Peel and cut into pieces or slices. Hold in salted water (1 Tbsp salt per quart of water) to prevent darkening.
Green leafy vegetables (beet greens, chard, collards, kale, mustard greens, turnip greens)	Wash greens in water as many times as needed until there is no sand on the leaves. Lift greens out of water (instead of pouring off water) so that sand remains on the bottom of the sink. Strip leaves from tough stems and discard any discolored leaves.
Kohlrabi*	Peel and cut into match-like strips. Good raw or cooked.
Okra	Wash. Leave small pods whole and thickly slice the large ones.
Onions, mature	Peel; rinse. Quarter, if large, or cut as desired.
Peas, green	Shell. Rinse.
Peppers, green, yellow, red*	Wash. Cut out stem or blossom end and remove seeds and fibrous portion. Wash the inside. Cut or chop as desired.
Potatoes	Wash, scrubbing with vegetable brush. Peel (or do not peel if serving with skins). Remove eyes. Cut potatoes to serving size.

PREPARATION TIPS

Radishes*	Wash, trim off root and stem end. Cut as desired, or leave whole. If mildly flavored, and not hot, radishes are a delicious crunchy finger food.
Rutabagas	Wash. Peel and cut as desired.
Spinach	Sort. Wash thoroughly. Cut off tough stems. Discard yellow and damaged leaves.
Squash, summer*	Wash. Cut off stem and blossom ends. Trim as desired. (It is not necessary to peel summer squash.) Slice, cut in fingers, or chop. Makes a mildly flavored finger food.
Squash, winter	Wash. Cut in half with a heavy bladed knife. Remove seeds, fiber, and peel. Cut into serving pieces. (If peel is hard and tough, soften by steaming or boiling 8 to 10 minutes.)
Sweet potatoes	Scrub, using brush. Peel (unless baking and serving with skins).
Tomatoes*	Wash. Cut out core. Cut into quarters, wedges, or slices. (Tomatoes may be peeled by scalding. Dip the tomatoes, uncut, into boiling water for 30 seconds to 1 minute. Plunge into cold water and slip off skin. After peeling, core and cut as desired.)
Turnips*	Wash. Peel and cut as desired. For finger foods, cut into sticks; serve cooked or raw.

Braising or Pot Roasting Meats

(Moist Heat)

Less tender cuts of meat may be braised or pot roasted. Meat is cooked slowly with a small amount of liquid in a covered pan. See below for cooking directions.

On page 100 is a table listing suggested meat cuts for this method of cooking. The table provides information on:

- kind and cut of meat
- amount to buy for 50 servings (1½ oz each) of cooked lean meat
- thickness or size of piece
- cooking time

Directions for Cooking

1. Mix ¼ teaspoon salt and 3 tablespoons flour per pound of meat and sprinkle on or rub into the meat, if desired, to increase browning.
2. Brown meat in oil, as needed, in a heavy pot or a Dutch oven to develop aroma, flavor, and color.
3. Add small amount of water; add more water if needed during cooking.
4. Cover pan; simmer (do not boil) on top of range or bake at 325°F (slow oven).
5. Cook until meat is tender. Use timetable below as a guide to cooking time.
6. Remove meat from pan. Cool 10 to 20 minutes, drain fat and juices, slice and serve. Gravy may be made from remaining drippings, thickening with flour or cornstarch.

Suggested Meat Cuts: Amount to Buy and Cooking Timetable

Kind and cut of meat	For 50 servings (1½ oz each)	Thickness or size	Cooking time
Beef			
Chuck, rolled (pot roast)	8 lb 10 oz	5 lb to 15 lb	2½ hours to 3 hours
Chuck roast with bone (pot roast)	10 lb 12 oz	3 lb to 5 lb	3 to 4 hours
Round steak, boneless	6 lb 12 oz	¾-inch to 1-inch cubes	1½ hours to 2 hours
Stew meat	7 lb 4 oz	1½-inch cubes	1¼ hours to 1½ hours
Lamb			
Shoulder, rolled	8 lb 12 oz	3 lb to 5 lb	2 to 2½ hours
Stew meat	7 lb 4 oz	1½-inch cubes	1¼ hours to 1½ hours
Pork			
Chops, with bone	11 lb 9 oz	¾-inch thick	45 minutes to 1 hour
Veal			
Shoulder, rolled	8 lb	3 lb to 5 lb	1½ hours to 1¾ hours
Stew meat	7 lb 4 oz	1-inch cubes	1¼ hours to 1½ hours

Cooking Meats in Liquid

(Stewing)

Some less tender and highly flavored cuts of meat are commonly cooked (simmered) with enough water to cover. See below for cooking directions.

Also below is a table listing suggested meat cuts for this method of cooking. The table provides information on: kind and cut of meat; amount to buy for 50 servings (1½ oz each) of cooked lean meat; size or weight of each piece; cooking time.

Directions for Cooking

1. Place meat in a pot. Cover with water. Add ½ teaspoon salt (optional) per 2 pounds meat and other seasonings as desired.
2. Cover pan and simmer (do not boil) until tender. Use the timetable below as a guide to cooking time.

Suggested Meat Cuts: Amount to Buy and Cooking Timetable

Kind and cut of meat	Amount to buy for 50 servings (1½ oz each)	Size or weight of each piece	Cooking time
Beef			
Brisket, fresh, boneless	8 lb 7 oz	3 lb to 4 lb	2 to 3 hours
Stew meat, boneless	8 lb 7 oz	1½-inch cubes	1½ to 2 hours
Tongue	8 lb 2 oz	3 lb to 4 lb	3 to 3½ hours
Lamb			
Stew meat, boneless	7 lb 4 oz	1½-inch cubes	1¼ hours to 1½ hours
Veal			
Stew meat, boneless	7 lb 4 oz	1-inch cubes	1¼ hours to 1½ hours

Roasting Meats and Poultry

(Dry Heat)

Tender cuts of meat and poultry may be roasted. Roast in an open pan without added liquid, as explained below.

On page 104 is a list of suggested meat cuts, along with information on: amount to buy for 50 servings (1½ oz each) of cooked lean meat; weight of each piece; internal temperature of cooked meat; and cooking time.

Directions for Cooking

1. **Place meat in roasting pan, fat side up.** Allow space in pan between roasts. *Do not cover pan or add water.*

2. **Insert meat thermometer.** Insert thermometer into the center of the thickest part of the meat, away from bone, fat, or gristle.

   If roasting from a frozen state: Insert thermometer when roast is nearly completed cooking. Insert thermometer with tip touching the center of the roast (not touching bone, fat or gristle).

3. **Roast at 325°F (slow oven).** Roast until meat is tender and thermometer registers the temperature given in timetable on next page. (Use the timetable as a guide to cooking times.)

   If roasting from a frozen state: Additional cooking time will be required. The extra time needed varies according to the size and cut. Start by determining the amount of time recommended for cooking a similar cut from the chilled state. Then, add one-third to one-half again the amount of time recommended. The oven temperature should not change.

   Here's an example: The recommended cooking time is 3 hours for a particular cut of meat from the chilled state. To cook a similar cut from the frozen state, the recommended time would be 4 to 4½ hours.

4. **Remove meat from pan.** Cool 10 to 20 minutes. Drain fat and juices. Slice, and serve. Gravy may be made from remaining drippings, thickening with flour or cornstarch.

Suggested Meat Cuts: Amount to Buy and Cooking Timetable

Kind and cut of meat*	Amount to buy for 50 servings (1½ oz each)	Weight of each piece	Internal temp. of cooked meat	Cooking time
Beef				
Rump, rolled	8 lb	4 lb to 5 lb	160°F	2 hours to 2½ hours
Chicken				
Whole	13 lb	7 lb to 10 lb	170°F	2¾ hours to 3 hours
Lamb				
Leg, rolled	7 lb 12 oz	5 lb to 8 lb	160°F	2 hours to 3½ hours
Shoulder, rolled	8 lb 12 oz	3 lb to 5 lb	160°F	2½ hours to 3½ hours
Pork				
Loin	9 lb 6 oz	3 lb to 5 lb	160°F	2 hours to 3 hours
Ham, fresh	8 lb 10 oz	5 lb to 8 lb	160°F	3½ hours to 4 hours
Ham, fully cooked	8 lb 15 oz	5 lb to 7 lb	160°F	1 hour to 1½ hours
Ham, canned	7 lb 6 oz	6 lb to 10 lb	170°F	1½ hours to 2½ hours

Turkey				
Whole	8 lb 10 oz	10 lb	170°F	2¾ hours to 3 hours
Veal				
Leg, rolled	7 lb 12 oz	4 lb to 6 lb	160°F	2 hours to 3 hours
Shoulder, rolled	8 lb	3 lb to 5 lb	160°F	2 hours to 3½ hours

* All cuts of meat not designated "rolled" or "boneless" contain bone.

Roasting Turkey:

Directions for Cooking Whole Turkey, Turkey Parts, or Boneless Turkey Roasts

***Keep in mind the following important safety tips when preparing and cooking turkey*:**

- Wash hands *BEFORE* and *AFTER* handling raw meats.
- Do not stuff whole turkey — prepare and heat stuffing separately.
- Do *NOT* partially cook one day and finish cooking the next.
- Use within 2 days after roasting.

Directions:

1. Thaw and clean frozen turkey. See Information Card 8, "Cleaning Ready-to-Cook Poultry," or follow label instructions.

   (Whole turkey frozen without giblets and other frozen forms of turkey may be roasted without thawing. However, as noted below, extra cooking time will be needed.)

2. For whole turkeys, fold neck skin over to the back. Fasten with skewers or tie with a clean cord. Tie legs together and fasten to tail; or, if there is a band of skin under tail, tuck legs under band.

3. Place whole turkeys in shallow roasting pans, breast side up. Place boneless roasts and turkey parts in shallow roasting pans. Use separate pans for breast pieces and for legs (drumstick and thigh).

4. Insert a meat thermometer. Be sure the thermometer does not touch bone.

   For a whole turkey: Insert the thermometer into the center of the meaty part of the inner side of the thigh (toward the body).

   For a boneless turkey roast: Insert into the center.

   For a breast or thigh piece: Insert into the center of the thickest part of the breast or thigh.

   (If roasting frozen turkeys, insert the thermometer part way through cooking.)

5. Roast at 325°F (slow oven) using the timetable on the next page as a guide. When turkey is half done, release legs to speed cooking.

Turkey is done when:

- Thermometer registers 170°F in inner thigh of whole turkeys or in the center of turkey roasts.
- Juice from turkey is clear with no pink color.
- Drumstick meat when pressed between fingers is very soft and leg joint moves easily.

6. Allow roasted turkey to rest (set juices) 15 to 20 minutes. Slice and serve.

OR

Cool cooked turkey on wire rack until cool enough to handle (within 2 hours). Remove meat from bones. Spread pieces of meat in one layer for more rapid cooling. Wrap meat and store in the refrigerator (40°F).

Use within 2 days after roasting.

Timetable for Roasting Turkey at 325°F (Slow Oven)

Form of Turkey and Approximate Weight:	**Approximate Cooking Time* (Hours):**
Whole	
12 to 16 lb	3½ to 4½ hours
16 to 21 lb	4½ to 6 hours
21 to 26 lb	6 to 7½ hours
Halves, 8 to 12 lb	2¼ to 4 hours
Quarters, 3 to 8 lb	1½ to 3½ hours
Pieces	
Breast, 8 to 12 lb	3 to 4 hours
Leg (drumstick and thigh) 3 to 8 lb	1¾ to 3 hours
Boneless roasts, 8 to 12 lb	3 to 5 hours**

* Whole turkey frozen without giblets and other frozen forms of turkey may be roasted without thawing. Extra time will be needed.

** The diameter of boneless roasts can affect cooking time more than their weight does. The greater the diameter, the longer the cooking time.

Stewing Chicken or Turkey

Keep in mind these safety tips:

- Wash hands BEFORE and AFTER handling raw meats.
- DO NOT cook partially one day and finish cooking the next.
- Use broth and poultry meat within 2 days after cooking.

Directions for stewing chicken or turkey:

1. Clean and rinse chicken or turkey, inside and out, in cold running water.
2. Put in large kettle or stockpot. Add enough water to half-cover chicken or turkey. Season as desired. Cover and simmer until tender.

   Use the timetable below as a guide to cooking time.

AMOUNT TO BUY AND COOKING TIMETABLE

Form of chicken or turkey	**Amount to buy for 50 servings (1½ oz each)**	**Weight of each piece**	**Stewing time**
Chicken, whole, ready-to-cook, or cut up into pieces	13 lb	2½ lb to 4 lb	1 to 1½ hours
		4 lb to 8 lb	2 to 4 hours
Turkey, whole, ready-to-cook, or cut up into pieces	8 lb 10 oz	2½ lb to 4 lb	2¾ to 3 hours

Directions for cooling cooked chicken or turkey:

1. Remove chicken or turkey from broth and place on sheet pans.

2. Place container of broth in cold, running water or ice water. Stir frequently to hasten cooling. When broth is completely cooled, cover container and store in refrigerator at 40°F.

3. When poultry is cool enough to handle (within 2 hours), remove meat from bones.

4. Spread pieces of meat in one layer to cool. As soon as cool, wrap meat loosely in waxed paper or foil. Store in refrigerator at 40°F.

   Caution: Use broth and poultry meat within 2 days after cooking.

Storing, Thawing, and Cooking Fish

Fish must be *handled properly* during storage, thawing, preparation, cooking, and serving to avoid spoilage or serious food-borne illness.

Below you will find directions for safely storing, thawing, and cooking fish. On page 113 is a table providing the following information:

- **Form of fish (such as fillets, steaks, portions, and sticks).**
- **Amount to buy for 50 servings ($1\frac{1}{2}$ ounces each) of cooked fish.**
- **Oven temperature and cooking time for baking.**
- **Oven temperature and cooking time for oven-frying.**

Directions for Storing

1. Store *fresh* fish in the refrigerator at 40°F until time to cook. (Fresh fish should be delivered packed in crushed ice.)
2. Store *frozen* fish in the freezer at 0°F or below, until it is refrigerated for thawing and then cooking. (Frozen fish should be delivered *hard-frozen*.)
3. Store *canned* fish in a cool, dry place.
4. DO NOT HOLD fresh fish *longer than 1 day* before cooking.

Directions for Thawing

1. Schedule thawing so that the fish will be cooked soon after it is thawed. *Do not hold thawed fish longer than 1 day before cooking.*
2. Remove from the freezer only the amount of fish needed for 1 day's use.
3. Remove fish from cartons and place individual packages on trays in the refrigerator at 40°F to thaw. Allow 24 to 36 hours for thawing 1-pound packages. Allow 48 to 72 hours for thawing 5-pound solid packed packages or gallon cans.

4. If quicker thawing is necessary, remove fish from cartons and thaw individual packages in cold water. Change water often to hasten thawing. Allow 1 to 2 hours for thawing 1-pound packages; 2 to 3 hours for 5-pound packages; 6 to 8 hours for gallon cans.

5. *Do not thaw at room temperature or in warm water.*

6. Do not refreeze.

7. Fish portions and fish sticks *should not be thawed* before cooking. Remove from the freezer only the amount of portions or sticks needed for 1 day's use.

8. Frozen fillets and steaks may be cooked without thawing if additional cooking time is allowed. Fillets or steaks to be breaded or stuffed should be thawed.

Directions for Cooking

1. Use temperature and cooking time on the recipes or the timetable on the next page as a guide for cooking fish.

2. Cook only until fish flakes easily when tested with a fork and thermometer registers 165°F. *Do not overcook.*

3. Serve fish soon after it is cooked.

Amount to Buy and Cooking Timetable

Form of fish	Amount to buy for 50 servings ($1\frac{1}{2}$ oz each)	BAKING		OVEN-FRYING	
		Oven temp.	Cooking time	Oven temp.	Cooking time
Fillets	7.35 lb	350°F	30 to 40 minutes	500°F	15 to 20 minutes
Steaks	8.10 lb	350°F	30 to 40 minutes	500°F	15 to 20 minutes
*Portions** (3 oz each)					
Raw, breaded (75% fish)	9.40***	350°F	30 to 40 minutes	500°F	15 to 20 minutes
Breaded, fried (67% fish)	9.40***	400°F	15 to 20 minutes	-	-
Unbreaded	9.40***	350°F	30 to 40 minutes	500°F	15 to 20 minutes
*Sticks*** (1 oz each)					
Raw, breaded (72% fish)	9.40***	350°F	30 to 40 minutes	500°F	15 to 20 minutes
Breaded, fried (67% fish)	9.40***	400°F	15 to 20 minutes	-	-

* 2 ounces cooked fish

** 3 sticks for each serving

*** In order to meet the "cooked lean meat equivalency" using the pounds indicated in the "Amount to Buy" column, the product must be marked *Grade A*.

Cooking Fresh and Frozen Vegetables

Timing is important when cooking vegetables. To protect quality and nutritional value, you'll want to serve vegetables soon after they are cooked. This may require careful scheduling, but the results will be worth it.

A good way to protect quality is cooking in small batches. Batch cooking helps prevent vegetables from becoming broken or overcooked. It also helps assure that vegetables will retain their color and have little loss of nutrients.

Be sure to cook vegetables only until tender-crisp. They may continue to cook when held. Vegetables will become overcooked if held too long, so batch cooking throughout the meal is recommended.

Preparing fresh vegetables for cooking:

Wash fresh vegetables before cooking, then prepare as explained in Information Card 25. In general: trim, peel, or cut as desired; discard discolored parts, tough ends, or stems as needed.

Preparing frozen vegetables for cooking:

Loosely packed frozen vegetables, such as whole-kernel corn, can be cooked without thawing. Solid-pack frozen vegetables, such as spinach, should be thawed long enough to break apart easily before cooking. Broccoli spears will cook more uniformly if they are partially thawed.

HOW TO COOK VEGETABLES

To cook in boiling water...

Cook in a covered stockpot as follows. However, leave off lid for items like broccoli, brussels sprouts, and cabbage, which retain their bright green color best if cooked uncovered.

1. Add fresh or frozen vegetables to boiling water. If desired, also add ½ teaspoon salt for each 50 servings of vegetables.
2. After water boils again, reduce heat and simmer. For suggested cooking times for specific vegetables, see the cooking timetable on pages 117 through 121.
3. Drain cooked vegetables and place in serving dishes.
4. Season with herbs and spices, as desired. (See Information Card 42 for suggestions.) Garnish. Serve.

To stir-fry...

Cut or dice vegetables into uniform pieces, selecting them for color, texture, and flavor. Then:

1. Heat a small amount of oil in a frying pan.
2. Add vegetables which take longest to cook, such as carrots.
3. Add remaining vegetables, such as onions and broccoli florets.
4. Cover and steam for 3 minutes, until vegetables are tender but crisp, and brightly colored.

To steam...

Place fresh or frozen vegetables in a single layer in a steamer pan (12" x 20" x 2½"). Then:

1. Steam uncovered at 5 pounds pressure, using the cooking timetable as a guide (see pages 117 through 121). Follow manufacturer's directions for steamers operating at other pressures or when using pressureless steamers.
2. Drain cooked vegetables.
3. Season with herbs and spices, as desired. (See Information Card 42 for suggestions.) Garnish. Serve.

To microwave...

Place fresh or frozen vegetables in a covered microwaveable dish. Then:

1. Microwave, stirring halfway through the cooking time.
2. To determine cooking time, see timetable.

About the cooking timetable...

You will find information on a variety of vegetables. Here are some things to keep in mind:

1. Cooking times for fresh vegetables are approximate; they can differ with variety, maturity, quality, and size of vegetable.
2. Cooking times for frozen vegetables are sometimes less than for fresh, because the blanching process for frozen vegetables entails partial cooking.
3. Times listed for microwaving are for a 625-watt microwave oven. Higher-wattage ovens will require less cooking time.
4. AP means "As Purchased" — in other words, before peeling or trimming. EP means "Edible Portion" — after peeling or trimming.

Timetable for Cooking, Steaming, or Microwaving Fresh and Frozen Vegetables

For 50 servings, ¼ cup each

Vegetable	Fresh or frozen	Pounds as purchased (AP)	Pounds edible portion (EP)	BOILING Amount of water (quarts)	BOILING Cooking time after water boils (minutes)	STEAMING Time at 5 pounds pressure (minutes)	MICROWAVING For 625-watt oven; higher wattage will require less time (minutes)
Asparagus:							
- spears	fresh	10.4	5.5	3¼	10 to 25	7 to 10	13 to 15
- cuts + tips	frozen	6.2	6.2	1¾	7 to 10	5 to 10	-
Beans or peas, Blackeye:							
	fresh	4.9	2.4	2½	30 to 45	20 to 40	-
	frozen	4.5	4.5	1¾	25 to 30	15 to 25	-
Beans, green:							
- cut	fresh	4.5	4.0	1¾	15 to 30	20 to 30	15 to 17
	frozen	4.4	4.4	1	10 to 20	10 to 15	9 to 11
Beans, lima:							
- Baby	fresh	4.7	2.0	2½	15 to 25	15 to 20	-
- Baby	frozen	4.6	4.6	1½	12 to 15	10 to 15	7 to 8
- Fordhook	frozen	4.5	4.5	1½	6 to 12	12 to 20	-
Beet greens:							
	fresh	14.3	6.9	water on leaves	15 to 25	15 to 25	-
Beets, whole:							
	fresh	6.5	4.8	to cover	45 to 60	60 to 75	22 to 25
Broccoli:							
- spears	fresh	5.2	4.2	2½	10 to 20	7 to 10	13 to 15
- spears	frozen	5.2	5.2	1½	10 to 15	5 to 10	8 to 10
- cut/chopped	frozen	5.2	5.2	1½	8 to 20	10 to 20	9 to 10

Timetable for Cooking, Steaming, or Microwaving Fresh and Frozen Vegetables (continued)

For 50 servings, ¼ cup each

Vegetable	Fresh or frozen	Pounds as purchased (AP)	Pounds edible portion (EP)	BOILING Amount of water (quarts)	BOILING Cooking time after water boils (minutes)	STEAMING Time at 5 pounds pressure (minutes)	MICROWAVING For 625-watt oven; higher wattage will require less time (minutes)
Brussels sprouts:							
	fresh	5.9	4.5	6	10 to 20	7 to 10	8 to 10
	frozen	4.8	4.8	1½	10 to 15	5 to 10	8 to 10
Cabbage:							
- shredded	fresh	3.7	3.3	1½	10 to 15	5 to 12	9 to 11
- wedges	fresh	5.9	5.3	1¾	15 to 20	12 to 20	16 to 18
Carrots, whole:							
	fresh	6.0	3.6	2¼	20 to 30	15 to 30	12 to 14 (1 lb)
	frozen	4.8	4.8	1	8 to 10	3 to 5	18 to 20 (2 lb)
Cauliflower, florets:							
	fresh	5.7	3.5	4½	15 to 20	8 to 12	12 to 14
	frozen	5.5	5.5	1½	10 to 12	4 to 5	8 to 9
Celery, 1" pieces:							
	fresh	5.7	4.2	3½	15 to 20	10 to 15	-
Chard, pieces:							
	fresh	7.9	7.3	water on leaves	15 to 25	15 to 25	-
Collard greens:							
	fresh	4.8	3.6	3½	20 to 40	15 to 30	-
	frozen	5.4	5.4	1¾	30 to 40	20 to 40	-
Corn, on cob (half medium ear):							
	fresh	13.5	4.5	6 (or to cover)	5 to 15	8 to 10	-

Timetable for Cooking, Steaming, or Microwaving Fresh and Frozen Vegetables (continued)

For 50 servings, ¼ cup each

Vegetable	Fresh or frozen	Pounds as purchased (AP)	Pounds edible portion (EP)	BOILING Amount of water (quarts)	BOILING Cooking time after water boils (minutes)	STEAMING Time at 5 pounds pressure (minutes)	MICROWAVING For 625-watt oven; higher wattage will require less time (minutes)
Corn, whole kernel:	frozen	4.6	4.6	1½	5 to 10	5 to 10	7 to 8
Eggplant (pieces, cubes, slices):	fresh	7.4	6.0	3½	15 to 20	10 to 15	6 to 7
Kale:	fresh	4.3	2.9	2	25 to 45	15 to 35	-
	frozen	5.3	5.3	1¾	20 to 30	15 to 30	-
Mustard greens, chopped:	fresh	3.8	3.6	water on leaves	15 to 25	15 to 25	-
	frozen	4.3	4.3	1¾	20 to 30	15 to 20	-
Okra, whole:	fresh	5.2	4.5	2	10 to 15	8 to 15	-
	frozen	4.3	4.3	1¼	3 to 5	3 to 5	7 to 9
Onions, mature, fresh (large, quartered):	fresh	6.4	5.0	7	20 to 35	20 to 35	14 to 16
Parsnips, 3" pieces:	fresh	6.2	5.1	4¾	20 to 30	15 to 20	8 to 10
Peas and carrots:	frozen	4.6	4.6	1	8 to 10	3 to 5	-

Timetable for Cooking, Steaming, or Microwaving Fresh and Frozen Vegetables (continued)

For 50 servings, ¼ cup each

Vegetable	Fresh or frozen	Pounds as purchased (AP)	Pounds edible portion (EP)	BOILING Amount of water (quarts)	BOILING Cooking time after water boils (minutes)	STEAMING Time at 5 pounds pressure (minutes)	MICROWAVING For 625-watt oven; higher wattage will require less time (minutes)
Peas, green (shelled):							
	fresh	4.7	1.8	2	10 to 20	10 to 20	11 to 13
	frozen	5.0	5.0	1	5 to 10	3 to 5	6 to 7
Potatoes, whole:							
	fresh	5.7	4.2	5	30 to 45	30 to 45	16 to 20 (for 5 each)
Rutabagas, 1" cubes:							
	fresh	6.0	5.1	2½	20 to 30	15 to 30	-
Soybeans:							
	fresh	4.7	3.1	1¼	10 to 20	-	-
Spinach, leaf:							
	fresh	6.6	5.8	water on leaves	10 to 20	4 to 8	7 to 9
	frozen	7.7	7.7	1¼	5 to 10	5 to 10	9 to 11
Squash, summer, slices:							
	fresh	6.9	6.5	2	10 to 20	8 to 20	10 to 12
	frozen	6.7	6.7	1	5 to 10	5 to 10	5 to 7
Squash, winter, Butternut:							
- pieces	fresh	6.7	5.6	5¼	15 to 30	15 to 20	9 to 14
- mashed	frozen	7.2	7.2	-	-	20 to 25, covered	-
Succotash:							
	frozen	5.3	5.3	2	6 to 15	12 to 20	8 to 9

Timetable for Cooking, Steaming, or Microwaving Fresh and Frozen Vegetables (continued)

For 50 servings, 1/4 cup each

Vegetable	Fresh or frozen	Pounds as purchased (AP)	Pounds edible portion (EP)	BOILING Amount of water (quarts)	BOILING Cooking time after water boils (minutes)	STEAMING Time at 5 pounds pressure (minutes)	MICROWAVING For 625-watt oven; higher wattage will require less time (minutes)
Sweet potatoes, whole:							
	fresh	5.5	4.4	5	30 to 45	20 to 40	16 to 20 (for 5 each)
Turnip greens, chopped:							
	fresh	7.7	5.4	water on leaves	15 to 25	15 to 25	-
	frozen	5.3	5.3	1 1/4	20 to 30	15 to 20	-
Turnips, 1" cubes:							
	fresh	5.8	4.5	2 1/4	15 to 20	10 to 15	10 to 12
Vegetables, mixed:							
	frozen	6.2	6.2	1	12 to 20	12 to 20	9 to 10

Baking Potatoes, Winter Squash, and Other Vegetables

Prepare these fresh vegetables for baking as described below. Place vegetables in a single layer on baking pans. Schedule baking of vegetables so they will be served soon after they are cooked. Bake each vegetable for the shortest time necessary until tender. Use the timetable below as a guide.

How to Prepare and Bake Fresh Vegetables

Vegetable	Preparation	Approximate Baking Time	Oven Temperature
Potatoes or sweet potatoes	Scrub. Sort for size. Pierce skins.	1 hour or until tender	425°F
Winter squash (acorn, etc.)	Wash, cut in half. Remove seeds and fiber. Brush with melted margarine and sprinkle with brown sugar, if desired.	45 minutes covered; remove cover and bake 15 minutes longer until lightly browned	400°F
Winter squash (Butternut or Hubbard squash)	Wash. If peel is hard and tough, soften by steaming or boiling 10 minutes. Cut in half. Remove seeds and fiber. Peel. Cut into pieces. Brush with melted butter and sprinkle with salt and brown sugar, if desired.	20 to 45 minutes covered; remove cover and bake 15 minutes longer until lightly browned	400°F

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How to Prepare and Bake Fresh Vegetables

Vegetable	Preparation	Approximate Baking Time	Oven Temperature
Roasted vegetables	Wash. Cut 4 large, unpeeled potatoes into wedges. Cut 3 large (peeled) carrots into $1\frac{1}{2}$" pieces. Cut 2 large onions into wedges. Mix 1 Tbsp rosemary leaves with 2 tsp garlic powder and 1 tsp salt. Sprinkle over vegetables. Drizzle with 3 Tbsp melted margarine.	45 minutes	450°F
Corn on the cob	Gently peel back husks and silk; replace husks (pull back around ears) and secure with string. Roast directly on the oven rack. Serve on the cob or cut off with a knife; season with salt and pepper.	20 to 25 minutes (turn after the first 10 minutes)	450°F
Green beans	Trim 1 lb green beans. Toss with 1 tsp olive oil. Roast, stirring midway, until wrinkled, brown, and tender. In a small, dry skillet, toast 2 tsp sesame seeds, stirring until brown; crush lightly and toss with the beans. Season with salt and pepper.	12 minutes	450°F

NOTE: Baking times for each vegetable can differ with variety, maturity, quantity, and size.

Heating Canned Vegetables

Schedule heating of canned vegetables so they will be served soon after they are heated. (See directions below.) Prepare in batches small enough to prevent vegetables from becoming broken or overcooked.

For amount of canned vegetable to buy for 50 servings (¹/₄ cup each), see table following directions.

Directions for Heating

1. Drain off half the liquid from canned vegetables and discard.
2. Transfer vegetables and remaining liquid to a saucepan or stockpot. Heat only long enough to bring to recommended temperature.
3. Drain vegetables and place in serving dishes.

(Vegetables can also be heated in a steamer, oven, or microwave.)

Amount of Canned Vegetable to Buy For 50 servings (¹/₄ cup each)

Vegetable:	**Amount to buy:**
Asparagus	
Spears	7 lb 10 oz
Cuts and tips	8 lb
Beans, green or wax (cut)	7 lb
Beans, lima, green	8 lb
Beets	
Diced (Harvard or plain)	6 lb 4 oz
Sliced	7 lb 14 oz
Whole baby	7 lb 2 oz
Blackeye peas (beans), green	7 lb 10 oz
Carrots, diced or sliced	6 lb 14 oz
Collards	14 lb 8 oz
Corn	
Cream style	7 lb 11 oz
Whole kernel, vacuum-packed	5 lb 10 oz
Whole kernel, wet-packed	7 lb 6 oz
Kale	7 lb 10 oz
Mustard greens	7 lb 2 oz

Amount of Canned Vegetable to Buy For 50 servings (1/4 cup each)

Vegetable:	Amount to buy:
Okra, cut or whole	8 lb
Peas and carrots	8 lb
Peas, green	7 lb 7 oz
Potatoes, small whole	7 lb 5 oz
Sauerkraut	5 lb 5 oz
Spinach	12 lb 2 oz
Squash, summer, sliced	12 lb 6 oz
Succotash	7 lb
Sweet potatoes	
Syrup pack, cut	7 lb 8 oz
Vacuum-pack, whole	6 lb 12 oz
Tomatoes (all forms)	6 lb 9 oz
Turnip greens	11 lb 2 oz
Vegetables, mixed	7 lb 14 oz

Nonfat Dry Milk (Instant)

Several recipes in this package list nonfat dry milk (instant) as an ingredient. Here are some things to keep in mind:

- The recipes list both weight and volume measures for instant nonfat dry milk. However, for best results, dry milk should be weighed rather than measured.
- All of the recipes are *standardized* using instant nonfat dry milk.
- To save preparation steps, where possible the recipes call for: (1) combining the dry milk with other dry ingredients; and (2) adding the required amount of water along with other liquid ingredients.
- If desired, fluid milk may be used in place of reconstituted nonfat dry milk in the recipes. Directions for using nonfat dry milk to prepare fluid skim milk and sour milk are given below.

Reconstituting Nonfat Dry Milk (Fluid Skim Milk = Nonfat Dry Milk + Water)

To make this amount of fluid skim milk...	Use this amount of nonfat dry by weight...	Or use this amount of nonfat dry by measure...	Use this amount of water at room temperature...
1 cup	1 oz	⅓ cup	1 cup
2 cups	2 oz	⅔ cup	1⅞ cup
1 quart*	3½ oz	1⅓ cups	3¾ cups
2 quarts	7 oz	2⅔ cups	1 qt 3½ cups
3 quarts	10½ oz	1 qt	2¾ qt
1 gallon	14 oz	1 qt 1⅓ cups	3¾ qt
2 gallons	1 lb 12 oz	2 qt 2⅔ cups	1 gal 3½ qt
3 gallons	2 lb 10 oz	1 gal	2 gal 3¼ qt
4 gallons	3 lb 8 oz	1 gal 1¼ qt	3¾ qt
5 gallons	4 lb 6 oz	1 gal 2¾ qt	4¾ gal
6 gallons	5 lb 4 oz	2 gal	5 gal 2½ qt

*See note on page 128.

Directions:

1. Mix instant nonfat dry milk and water in a jar with a tight lid or in a large pitcher. Shake or stir with a whisk to mix.

2. If not to be used immediately, *cover and refrigerate*.

Notes for chart on page 127:

* From 3.2 to 3.5 ounces of nonfat dry milk can be used to make 1 quart of fluid milk. For convenience in measuring, 3.5 ounces (3½ oz) nonfat dry milk is used to make 1 quart in this chart.

To prepare 1 quart *sour* milk, use ¼ cup vinegar in place of ¼ cup of the water in fluid skim milk recipe.

Using Fresh Shell Eggs

Here are some guidelines for purchasing, storing, and using fresh shell eggs.

- Purchase only refrigerated fresh, *clean*, unbroken, and odor-free eggs.
- Refrigerate promptly upon delivery to help maintain quality.
- Store eggs away from foods with a strong odor, such as onions, cabbage, or broccoli. It is advisable to leave eggs in original shipping container.
- *Because eggs are an animal product, be sure to wash hands after handling all raw egg products, both in the shell and removed from the shell.*
- *Do not use cracked or soiled eggs*. Eggs that are cracked or soiled may contain harmful bacteria that can be spread by food handlers.
- *Do not use uncooked eggs in uncooked foods*, including (but not limited to): milk drinks, such as eggnog or milkshakes; uncooked salad dressings; or uncooked puddings.

Eggs come in different grades and sizes. While the size and grade are marked on the carton or case, the weight is not. Here is more information you'll want to know:

- The grades — AA, A, and B — indicate the *quality* of eggs.
- Grades are based on both interior and exterior quality.
- Grades *do not* relate to size.
- Egg sizes are: extra-large, large, medium, and small. Chart 1 on page 130 shows the weight of different sizes of shell eggs and the number needed to fill 1 cup.
- All shell eggs used in the recipes in this package are *large* size.
- Some recipes specify weight or volume measure for eggs. To determine the correct number of fresh shell eggs to use, use Chart 2 on page 130. This shows the weight and volume measures for fresh *large* eggs (white and yolk) without shells.

Chart 1: Comparing Egg Sizes by Weight and Number Per Cup

Size	Minimum net weight of 1 dozen (in shell)	Approximate number per cup (8½ ounces)		
		Whole eggs	Yolks only	Whites only
Extra-large	27 oz (1 lb 11 oz)	4	12	6
Large*	24 oz (1 lb 8 oz)	5	14	7
Medium	21 oz (1 lb 5 oz)	6	16	8
Small	18 oz (1 lb 2 oz)	6	18	10

* All shell eggs used in the recipes in this package are *large* size.

Chart 2: Weight and Volume Measures for Large Fresh Eggs

Number of large eggs**	Weight	Measure
1	1¾ oz	3 tablespoons
2	3½ oz	⅜ cup
3	5¼ oz	⅝ cup
6	10¾ oz	1¼ cups
11	1 lb 3½ oz	2¼ cups
12	1 lb 5½ oz	2½ cups
13	1 lb 7 oz	2⅔ cups
19½	1 lb 2½ oz	1 quart
25	2 lb 13 oz	1 quart 1¼ cups
39	4 lb 5 oz	2 quarts
50	5 lb 9 oz	2 quarts 2½ cups

** This shows the weight for fresh *large* eggs (white and yolk) without shells.

Guidelines for Cooking Pasta

(Macaroni, Noodles, or Spaghetti)

Pasta comes in many different forms. The illustration at the end of this card shows names and shapes of a variety of popular pastas.

Cooking times and amount of water needed may vary. Below are general guidelines for macaroni, noodles, or spaghetti. On page 132 is a buying guide.

Cooking pasta...

Ingredients:	**For 25 servings:**	**For 50 servings:**
Salt (optional)	2¼ tsp	1½ Tbsp
Oil* (optional)	1 tsp	2 tsp
Boiling water	3 qts	1½ gal
If using: Macaroni	2½ cups	1¼ qts
If using: Noodles	1½ qts	3 qts
If using: Spaghetti, broken	1 qt	2 qts

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Directions:

1. Add salt (optional) and oil (optional) to boiling water. (Oil may be added to prevent sticking.)
2. Slowly stir in macaroni, noodles, or spaghetti allowing water to continue at a boil.
3. Cook, uncovered, at a fast boil until pasta is tender:

   ... 6 minutes for macaroni.
   ... 6 minutes for noodles.
   ... 10 minutes for spaghetti.

   DO NOT OVERCOOK

4. Drain pasta quickly. Serving size is ¼ cup cooked pasta.

Buying Guide

Food as purchased:	For 25 servings:	For 50 servings:
Macaroni	11 oz	1 lb 6 oz
Noodles	14 oz	1 lb 11 oz
Spaghetti	13 oz	1 lb 10 oz

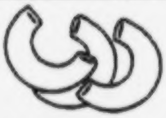
Types of Pasta

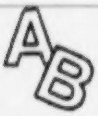
Macaroni, noodles, and spaghetti are just a few of the many pastas you can buy. Here are some others. You'll find many of these pictured on page 133.

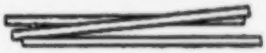
Acini
Alphabets
Bowties (Farfalle)
Angel Hair (Capellini)
Fettuccine
Fusili
Lasagna
Linguini
Elbow Macaroni
Manicotti
Mostaccioli (Penne)
Pastina (Ditalini) (Tubettini)
Orzo
Radiatore
Rigatoni
Rotini
Shells (Conchiglie)
Spaghetti
Spaghettini
Vermicelli
Wagon Wheels
Ziti

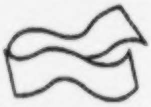
Pasta Shapes and Names

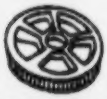
Fettuccine

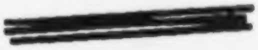

Elbow Macaroni

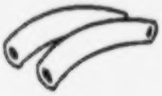

Alphabets

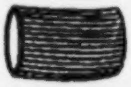

Linguine

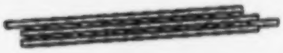

Wide Egg Noodles

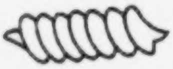

Wagon Wheels


Angel Hair

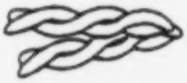

Ziti

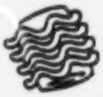

Rigatoni

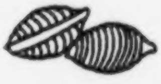

Spaghetti

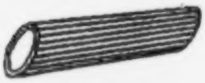

Rotini, Twists, Spirals

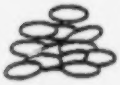
Mostaccioli, Penne

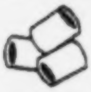

Gemelli

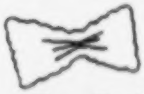

Radiatore

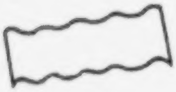

Medium Shells

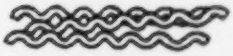

Manicotti

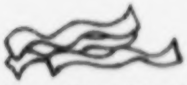

Orzo

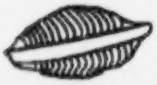

Ditalini

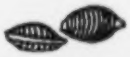

Bow Ties, Farfalle


Lasagne


Fusilli


Medium Egg Noodles


Jumbo Shells


Small Shells

Guidelines for Cooking Rice

Here are some things to know about rice:

- The two most commonly used types of rice are brown and white. Each comes in different forms: long-grain, medium-grain, and short-grain.
- In general, brown rice requires longer cooking time than white rice.
- Long-grain rice "cooks up" as separate grains. Medium-grain and short-grain rice are sometimes called "sticky rice" because the grains do not "cook up" separately.
- Some rice is "par-boiled" or "converted." This means it has been treated in a steam-pressure process that spreads the water-soluble vitamins and minerals throughout the grain. This results in a more nutritious product.
- Pre-cooked or instant rice has been fully cooked. To prepare: bring water to a boil, turn off heat, add rice, allow to stand, fluff with a fork.

When cooking rice, follow directions on the package. The recipe below will give you a general idea of what's involved. The recipe variation tells how to cook rice in the oven.

Basic Recipe

Ingredients:	For 25 servings:	For 50 servings:
Rice, white	$1\frac{7}{8}$ cups	$3\frac{3}{4}$ cups
Salt (optional)	$\frac{1}{2}$ tsp	1 tsp
Boiling water	$2\frac{3}{4}$ cups	$5\frac{1}{2}$ cups
Oil (optional)	1 tsp	2 tsp

Directions:

1. Add rice and salt (optional) to boiling water. Add oil (optional) to prevent foaming. Cover pot.
2. Cook on low heat for approximately 25 minutes for converted or parboiled rice. (Or, if using regular-milled white rice, cook for approximately 15 minutes.)
3. Remove from heat and let stand, covered, 5 to 10 minutes.

SERVING: $\frac{1}{4}$ cup cooked rice

NOTE: *Do not wash enriched rice.*

Recipe Variation: Oven-Cooked Rice

To cook rice in the oven: Omit oil. Place rice in a baking pan (for example, 12" x 10" x 2"). Dissolve salt (optional) in boiling water and pour over rice; stir to distribute evenly in pan. Cover pan tightly with a lid or foil. Bake at 350°F (moderate oven):

- 45 minutes for converted or parboiled rice.
- 30 minutes for regular-milled white rice.

Remove from oven and let stand covered 5 minutes.

Using Master Mix for Baked Products

What is Master Mix?

Master Mix is a mixture of dry ingredients and shortening. It is blended in advance for use in baked products without yeast, such as quick breads and pancakes. Using Master Mix can save preparation time.

How do you prepare and store Master Mix?

To prepare, mix according to the recipe below. (This is included in the recipe package as A-15.)

Since Master Mix stores well, prepare extra batches for later use. When deciding how many batches to prepare, consider storage space available, equipment capacity, and the frequency with which the baked items are prepared.

To store, place prepared Master Mix in a tightly covered container. Keep in a cool, dry, well-ventilated area. For longest shelf life, store in *refrigerator* and use within 3 months.

Master Mix Recipe **Yield: 6 quarts (7 lb 6 oz)**

Ingredients	Weight	Measure
All-purpose flour	5 lb 4 oz	1 gal 3 cups
Baking powder	5 oz	3/4 cup
Salt	1 1/4 oz	2 Tbsp
Cream of tartar	-	1 1/2 Tbsp
Instant nonfat dry milk	6 oz	2 1/2 cups
Shortening	1 lb 5 oz	3 cups 2 Tbsp

1. Place flour, baking powder, salt, cream of tartar, and dry milk into mixer bowl. Blend for 3 minutes on low speed. (A 10-quart mixer may be used to produce 6 quarts of Master Mix.)
2. Add shortening to dry ingredients and mix for 5 minutes on low speed, or until evenly distributed. Mixture will be crumbly.

Which recipes in this package use Master Mix?

Four recipe *variations* use Master Mix. They are:

Cut Biscuits Using Master Mix (A-9b)
Muffin Squares Using Master Mix (A-11b)
Pancakes Using Master Mix (A-12a)
Banana Bread Squares Using Master Mix (A-13a)

These variations produce a product that is similar to the basic recipe. However, by using Master Mix, you can save some preparation time.

How will you use Master Mix in a recipe?

To use Master Mix, weigh or measure the amount of mix specified in the recipe variation. *Do not pack or sift*. Measure mix lightly and level off with a spatula or the straight edge of a knife. Add remaining ingredients and bake according to recipe directions.

How many servings of baked product will a 6-quart batch of Master Mix produce?

For convenience, the Master Mix recipe has been standardized in batches of 6 quarts. As noted above, this size batch can be prepared in a 10-quart mixer. Below is an estimate of how many servings you will obtain from one 6-quart batch.

One 6-quart batch of Master Mix will produce...

100 servings of... Cut Biscuits

150 servings of... Muffin Squares

133 servings of... Pancakes

150 servings of... Banana Bread Squares

Cooking Dry Beans, Peas, and Lentils

Dry beans, peas, and lentils may be served as a vegetable or used in a main dish. One pound of dry beans yields 5⁷/₈ cups to 7 cups cooked beans.

To prepare for cooking: sort beans, peas, or lentils and remove dirt and foreign matter. Wash in cold water, if needed. Directions for soaking and cooking are given below.

(Canned beans may be substituted for cooked dry beans in any recipe. Some or all of the salt in the recipe should be omitted when canned beans are used in place of cooked dry beans.)

Soaking

Dry Beans

Overnight method: Add dry beans to cold water. Cover. Let stand in refrigerator overnight. Use immediately after soaking period. Longer periods for soaking beans are not recommended.

Quick-soak method: Pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

Split Peas

Dry split peas may be cooked without soaking.

To soak: Add split peas to boiling water. Boil 2 minutes. Remove from heat and let soak for 30 minutes.

Lentils

Lentils may be cooked without soaking.

Cooking

1. Once the beans, peas, or lentils have been soaked, drain and *discard* the soaking water (this is to reduce the gas-causing sugars).
2. Add ¹/₂ teaspoon salt (optional) for every 1 pound of beans, peas, or lentils. Boil gently (with lid tilted) until tender. Use the cooking time in the table below as a guide. Add additional boiling water if beans become dry. Cook split peas in small batches — this will help them retain their shape and not be mashed.
3. Drain, if desired. Serve or use in recipes.

Chart for Cooking Dry Beans, Peas, and Lentils

The amount of water and cooking time needed varies for dry beans, peas, and lentils.

This chart tells you for several types the approximate: (1) volume of 1 pound in cups; (2) amount of *boiling* water (in quarts) needed to cook each 1 pound; (3) amount of time (in hours) needed to cook.

Type	No. of cups = to 1 lb	Quarts of water for each 1 lb	Hours needed to cook *soaked* dry beans or peas
Blackeye peas	$2\frac{3}{4}$	$1\frac{3}{4}$	$\frac{1}{2}$
Garbanzos (chickpeas)	$2\frac{1}{2}$	$1\frac{1}{8}$	$1\frac{3}{4}$
Great Northern	$2\frac{1}{2}$	$1\frac{3}{4}$	1 to $1\frac{1}{2}$
Kidney beans	$2\frac{1}{2}$	$1\frac{3}{4}$	2
Lima beans, large	$2\frac{5}{8}$	$1\frac{3}{4}$	1
Lima beans, small	$2\frac{3}{8}$	$1\frac{3}{4}$	1
Pea beans, Navy beans	$2\frac{1}{4}$	$1\frac{3}{4}$	$1\frac{1}{2}$ to 2
Peas, whole	$2\frac{1}{3}$	$1\frac{1}{2}$	1
Pinto beans	$2\frac{3}{8}$	$1\frac{3}{4}$	2
Soybeans	$2\frac{1}{2}$	$2\frac{1}{4}$	2 to 3

Type	No. of cups = to 1 lb	Quarts of water for each 1 lb	Hours needed to cook (without soaking)
Lentils	$2\frac{3}{8}$	$1\frac{3}{4}$	$\frac{1}{2}$
Peas, split	$2\frac{1}{4}$	$1\frac{1}{4}$	$\frac{1}{3}$

Hard-Cooked Eggs

Hard-cooked eggs can be used in a variety of ways, including in hot main dishes, in chilled salads or sandwiches, or as snacks. Below are directions for cooking fresh (shell) eggs in two ways: in water and in the oven.

For more information on shell eggs, including size and grade, see Information Card 36.

To cook in water:

---

1. Place eggs (with shell) in a wire basket. Lower basket carefully into gently boiling water. Simmer just below boiling point for 15 minutes.

2. Remove pot from heat and cool eggs quickly under cold running water. (Rapid cooling in cold water stops the cooking process to make a more tender hard-cooked egg. It also prevents the unsightly formation of a darkened ring between the yolk and the white.)

3. Crack shells by rolling or stirring lightly. Peel, starting from large end of egg.

4. Cut in halves, or chop. Use immediately in hot main dishes or chill in refrigerator for later use in salads or sandwiches.

To cook in the oven:

---

1. Break 25 eggs, one at a time, into oiled baking pans (for example, 12" x 20" x 2"). Add 1/2 cup water to each pan.

2. Place each pan of eggs in a pan of hot water; cover and bake at 350°F (moderate oven) about 30 minutes until eggs are firm.

3. Chop into 1/2-inch squares. Use immediately in hot main dishes or chill in refrigerator for later use in salads or sandwiches.

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Seasoning Vegetables With Herbs and Spices

Vegetables can be made more appealing with herbs, spices, and other seasonings. Seasoning vegetables with herbs and spices reduces the need for added salt and fat. Try the suggestions below to enhance the natural flavor of vegetables, and try reducing (or eliminating) salt and fat.

TO SEASON...	USE...
Beans, green or wax	Caraway, dill seed, onion powder, or sage
Beets	Caraway, cinnamon, or dill seed
Broccoli	Lemon juice or marjoram
Cabbage	Basil, caraway, celery seed, curry, dill seed, mustard seed, or onion powder
Carrots	Basil, celery seed, cinnamon, dill seed, marjoram, mint, or thyme
Cauliflower	Caraway, celery seed, dill seed, lemon juice, mace, marjoram, rosemary, or tarragon
Celery	Celery seed, curry, dill seed, nutmeg, red pepper, or thyme
Corn	Chili powder
Green leafy vegetables	Garlic powder, lemon juice, or vinegar
Lima beans	Curry
Onions	Cinnamon or sage

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HOW TO USE SPECIFIC INGREDIENTS

Peas, green	Basil, dill seed, marjoram, mint, or oregano
Sauerkraut	Celery seed or sugar
Spinach	Basil, marjoram, mint, nutmeg, rosemary, vinegar or lemon juice
Sweet potatoes	Allspice, cardamom, or cinnamon
Tomatoes	Basil, celery seed, chili powder, cinnamon, garlic powder, oregano, parsley, sage, or sugar
Turnips	Rosemary
Winter squash	Allspice, cardamom, or nutmeg
Zucchini	Caraway, marjoram, or oregano

A Word About Flavorings

Here are ways to substitute one flavoring ingredient for another.

Chocolate, unsweetened

in place of ...	1 oz (1 square)
use	3 Tbsp cocoa + 1 Tbsp fat (1/2 oz)

Garlic, fresh

in place of ...	1 clove
use	*one of the following:* dry granules: 1/4 tsp garlic powder: 1/4 tsp garlic salt: 1/2 tsp (1/4 tsp is salt)

Green peppers, fresh

in place of ...	8 oz edible portion
use	1 oz dry green pepper flakes

Herbs, fresh (all)

in place of ...	1 Tbsp
use	*one of the following:* dry flakes: 1 1/2 tsp dry ground: 3/4 tsp

Honey

in place of ...	1 cup
use	1 1/4 cups granulated sugar + 1/4 cup liquid

Onion, fresh

in place of ...	1/2 cup
use	*one of the following:* onion flakes: 2 Tbsp onion powder: 2 Tbsp onion salt: 3 Tbsp (2 Tbsp is salt)

Vanilla, pure extract

in place of ...	1 tsp
use	imitation vanilla: 2 tsp

A. Grains/Breads

Food Safety Tips

1. *Always* wash hands *before* beginning any food preparation.
2. *Always* wash hands *after* handling any raw animal products, such as eggs. This is to prevent cross-contamination.
3. Heat all foods to recommended temperatures.
4. Use thermometers to be sure that all hot foods are held at 140°F.
5. Use oven thermometers to ensure accuracy of baking times and a quality end-product.

Recipes	Recipe Number
Biscuits	
Cut Biscuits	A-9
Cut Biscuits Using Master Mix (A-15) (variation)	A-9b
Drop Biscuits (variation)	A-9a
Pineapple Scones	A-1
Breads, Quick	
Banana Bread Squares	A-13
Banana Bread Squares Using Master Mix (A-15) (variation)	A-13a
Mexican-Style Cornbread Squares	A-10
Doughnuts	
Baked Whole Wheat Doughnuts	A-7
Master Mix for Baked Products	A-15
Muffin Squares	
Blueberry Muffin Squares (variation)	A-16b
Corn Muffin Squares (variation)	A-2a
Muffin Squares	A-11
Muffin Squares Using Master Mix (A-15) (variation)	A-11b
Oatmeal Muffin Squares	A-16
Peach Muffin Squares (variation)	A-16a
Whole Wheat Muffin Squares (variation)	A-11a
Muffins	
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Pineapple Scones

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt		1. In a mixing bowl, combine flour, brown sugar, baking powder, cinnamon, ginger, and salt. Using a mixer paddle at low speed, mix for 30 seconds. 2. Add oil and mix on low speed for 2 minutes, until mixture resembles coarse crumbs.
Brown sugar	6 oz	3/4 cup	12 oz	1 1/2 cups		
Baking powder		1 Tbsp		2 Tbsp		
Ground cinnamon		3/4 tsp		1 1/2 tsp		
Ground ginger		1/2 tsp		1 tsp		
Salt		1/4 tsp		1/2 tsp		
Vegetable oil		3 Tbsp		1/4 cup 2 Tbsp		
Canned, crushed, unsweetened pineapple	12 oz	1 1/4 cups	1 lb 8 oz	2 1/2 cups		3. Drain pineapple and reserve the juice. In a bowl, combine crushed pineapple, reserved pineapple juice or milk, and eggs. Slowly add to the dry ingredients and mix at low speed for 1 minute, until dry ingredients are moistened. Scrape the sides of the bowl and mix on medium speed for 30 seconds. Dough should be sticky.
Reserved pineapple juice or lowfat milk		1/2 cup		1 cup		
Fresh large eggs		2 each		4 each		
OR						
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup		
Sugar		3 Tbsp		1/4 cup 2 Tbsp		4. Sprinkle 1 Tbsp of sugar on each lightly greased half-sheet pan (18" x 13" x 1"). Place two 9-oz balls of dough on each half-sheet pan. Shape each ball into a 6" round about 3/4" thick. With a sharp knife, score the top surface of each round into 5 pie-shaped wedges, cutting about 1/4" deep.
Sugar		2 tsp		1 Tbsp 1 tsp		

(over)

SERVING: 1 scone provides the equivalent of 1½ slices of bread

YIELD:
25 servings: 2 lb 14 oz
50 servings: 5 lb 12 oz

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Cinnamon (optional)		½ tsp		1 tsp		5. Combine sugar and cinnamon (optional) in a small bowl. Sprinkle ½ tsp of mixture over each wedge.
Glaze						6. **To Bake:** Conventional Oven 350°F, 19 minutes Convection Oven 325°F, 15 minutes Bake until golden brown. 7. In a small bowl, whisk together powdered sugar, lemon juice, and lemon peel until smooth. While baked rounds are still warm, spread 1 Tbsp of glaze over each. 8. Cut each round into 5 pie-shaped wedges. Each wedge is one scone.
Powdered sugar	4 oz	⅔ cup	8 oz	1⅓ cups		
Lemon juice		2 Tbsp		¼ cup		
Grated lemon peel		⅛ tsp		¼ tsp		

Special Tip: When portioning the dough, dip your hands (gloved) into flour to prevent sticking.

Nutrients Per Serving

Calories	161	Saturated Fat	.3 g	Iron	1.4 mg
Protein	3 g	Cholesterol	17 mg	Calcium	48 mg
Carbohydrate	34 g	Vitamin A	8 RE/29 IU	Sodium	91 mg
Total Fat	1.8g	Vitamin C	3 mg	Dietary Fiber	1 g

Corn Muffins

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	8 oz	1½ cups	1 lb	3 cups		1. In a mixing bowl, use the paddle attachment on low speed to combine the flour, cornmeal, sugar, baking powder, and salt. Mix for 3 minutes.
Yellow cornmeal		½ cup	6 oz	1 cup		
Powdered sugar	5 oz	1 cup	10 oz	2 cups		
Baking powder		1 Tbsp		2 Tbsp		
Salt		1½ tsp		1 Tbsp		
Fresh large eggs **OR**		1 each		2 each		2. Slowly add eggs and mix on low speed for 30 seconds. Scrape the sides of the bowl.
Frozen whole eggs, thawed		¼ cup	4 oz	½ cup		
Lowfat milk		1 cup		2 cups		3. Slowly add milk and mix on medium speed for 30 seconds, until smooth.
Vegetable oil		¼ cup		½ cup		4. Add oil and mix on medium speed for 30 seconds, until blended. Scrape the sides of the bowl. 5. Using a No. 20 scoop, portion batter into lightly greased or paper-lined muffin tins. 6. **To Bake:** Conventional Oven 400°F, 15 minutes Convection Oven 375°F, 10 minutes Bake until golden brown.

(over)

SERVING: 1 muffin provides the equivalent of ¾ slice of bread

YIELD:
25 servings: 1 lb 9 oz
50 servings: 3 lb 2 oz

VOLUME:
25 servings: 2 ¾ cups
50 servings: 1 qt 1½ cups

Variation:

a. Corn Muffin Squares

25 servings: In Step 5, pour 3 cups (1 lb 12 oz) of batter into a lightly greased half-sheet pan (18" x 13" x 1"). In Step 6, bake in a 400°F conventional oven for 12 minutes or in a 375°F convection oven for 12 minutes. Cut pan into 25 pieces (5 x 5).

50 servings: In Step 5, pour 1 qt 2 cups (3 lb 8 oz) of batter into each lightly greased sheet pan (18" x 26" x 1"). In Step 6, bake in a 400°F conventional oven for 12 minutes or in a 375°F convection oven for 12 minutes. Cut pan into 50 pieces (5 x 10).

Nutrients Per Serving

Calories	94	Saturated Fat	.5 g	Iron	.6 mg
Protein	2 g	Cholesterol	10 mg	Calcium	47 mg
Carbohydrate	16 g	Vitamin A	12 RE/49 IU	Sodium	207 mg
Total Fat	2.7 g	Vitamin C	0 mg	Dietary Fiber	0 g

Blueberry Muffins

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	10 oz	2 cups	1 lb 4 oz	1 qt		1. In a mixing bowl, use the paddle attachment on low speed to combine the flours, sugar, baking powder, and salt. Mix for 1 minute until blended.
Whole wheat flour	7 oz	1⅓ cups	14 oz	2⅔ cups		
Sugar	8 oz	1 cup	1 lb	2 cups		
Baking powder		1 Tbsp 2 tsp		3 Tbsp 1 tsp		
Salt		1 tsp		2 tsp		
Lowfat milk		1½ cups		3 cups		2. Slowly add milk, eggs, and oil. Mix on medium speed for 30 seconds until smooth.
Fresh large eggs OR		2 each		4 each		
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup		
Vegetable oil		⅔ cup		1⅓ cups		
Frozen blueberries, thawed OR	6 oz	1½ cups	12 oz	3 cups		3. Remove bowl from mixer. Using a rubber spatula, gently fold blueberries into batter. 4. Using a No. 24 scoop, portion batter into lightly greased or paper-lined muffin tins. 5. **To Bake:** Conventional Oven 425°F, 12 minutes Convection Oven 375°F, 13 minutes Bake until golden brown.
Fresh blueberries	8 oz	1½ cups	1 lb	3 cups		

(over)

SERVING: 1 muffin provides the equivalent of 1⅓ slices of bread

YIELD:
25 servings: 2 lb 5 oz
50 servings: 4 lb 10 oz

VOLUME:
25 servings: 1 qt 1½ cups (batter)
50 servings: 2 qt 3 cups (batter)

Nutrients Per Serving

Calories	170	Saturated Fat	1.1 g	Iron	1.0 mg
Protein	3 g	Cholesterol	20 mg	Calcium	79 mg
Carbohydrate	25 g	Vitamin A	18 RE/64 IU	Sodium	204 mg
Total Fat	6.6 g	Vitamin C	0 mg	Dietary Fiber	1 g

Banana Muffins

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
*Bananas, peeled	8 oz		1 lb			1. In a mixing bowl, use the paddle attachment on low speed to mash bananas for 2 minutes, until no large chunks remain. Remove bananas from bowl and set aside.
All-purpose flour	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups		2. Add flour, dry milk, baking powder, sugar, and salt to the mixing bowl. Mix on low speed for 1 minute. Add bananas to dry ingredients and mix on low speed for 30 seconds.
Nonfat dry milk		1/3 cup		2/3 cup		
Baking powder		2 Tbsp		1/4 cup		
Sugar	8 oz	1 cup	1 lb	2 cups		
Salt		1 tsp		2 tsp		
Fresh large egg whites **OR**		3 each		6 each		3. In a bowl, whisk egg whites, water, and vanilla until frothy. Slowly add to the banana mixture. Mix on low speed for 15 to 20 seconds, until all of the dry ingredients are moistened. 4. Slowly add oil and mix on low speed for about 30 seconds. Do not overmix. The batter will be lumpy when finished.
Frozen egg whites, thawed	4 oz	1/2 cup	8 oz	1 cup		
Water		1 1/4 cups 2 Tbsp	2 3/4 cups			
Vanilla		2 tsp		1 Tbsp 1 tsp		
Vegetable oil		1/4 cup 2 Tbsp		3/4 cup		

*See Marketing Guide.

(over)

SERVING: 1 muffin provides the equivalent of 1 slice of bread

YIELD:
25 servings: 2 lb 13 oz
50 servings: 5 lb 10 oz

VOLUME:
25 servings: 1 qt 1⅓ cups (batter)
50 servings: 2 qt 2⅔ cups (batter)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						5. Using a No. 20 scoop, portion batter into lightly greased or paper-lined muffin tins. 6. **To Bake:** Conventional Oven 425°F, 10 to 12 minutes Convection Oven 350°F, 10 to 12 minutes Bake until lightly browned.

Nutrients Per Serving

Calories	138	Saturated Fat	.5 g	Iron	.9 mg
Protein	3 g	Cholesterol	0 mg	Calcium	82 mg
Carbohydrate	24 g	Vitamin A	9 RE/33 IU	Sodium	225 mg
Total Fat	3.5 g	Vitamin C	1 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Bananas	12 oz	1 lb 8 oz	....

Applesauce Pancakes

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Lowfat milk		1¼ cups		2½ cups		1. In a mixing bowl, use the paddle attachment on low speed to combine milk, eggs, oil, and applesauce. Mix for 1 minute until blended.
Fresh large eggs, beaten		2 each		4 each		
OR						
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup		
Vegetable oil		¼ cup 2 Tbsp		¾ cup		
Canned applesauce	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt		
All-purpose flour	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups		2. Sift in flour, baking powder, salt, sugar, and cinnamon. Using the whip attachment on low speed, mix batter for 15 seconds until combined. Scrape down the sides of the bowl. Increase speed to medium and mix for 1 minute. 3. Portion batter with level No. 20 scoop (3⅓ Tbsp) onto griddle, which has been heated to 375° F. (If desired, lightly oil griddle surface.) 4. Cook until surface of pancake is covered with bubbles and bottom side is lightly browned, about 2 minutes. Turn and cook until lightly browned on other side, about 1 minute.
Baking powder		2 Tbsp		¼ cup		
Salt		1 tsp		2 tsp		
Sugar		¼ cup	4 oz	½ cup		
Ground cinnamon		¼ tsp		½ tsp		

(over)

SERVING:	1 piece provides the equivalent of 1 slice of bread

YIELD:	25 servings: 3 lb 1 oz
	50 servings: 6 lb 2 oz
VOLUME:	25 servings: 1 qt 3½ cups (batter)
	50 servings: 3 qt 3 cups (batter)

Nutrients Per Serving

Calories	121	Saturated Fat	.7 g	Iron	1.0 mg
Protein	3 g	Cholesterol	20 mg	Calcium	86 mg
Carbohydrate	19 g	Vitamin A	16 RE/60 IU	Sodium	223 mg
Total Fat	4.0 g	Vitamin C	0 mg	Dietary Fiber	1 g

Oven-Baked Pancakes

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups		1. In a mixing bowl, use the whip attachment on low speed to combine all ingredients for 30 seconds. Scrape the sides of the bowl and mix on medium speed for 1 minute, until batter is smooth.
Baking powder		2 Tbsp		¼ cup		
Sugar		¼ cup	4 oz	½ cup		
Salt		2 tsp		1 Tbsp 1 tsp		
Fresh large eggs		2 each		4 each		
OR						
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup		
Vegetable oil		¼ cup		½ cup		
Lowfat milk		3 cups		1 qt 2 cups		
						2. Pour 1 qt 1 cup (2 lb 15 oz) of batter into each lightly greased half-sheet pan (18" x 13" x 1"). 3. **To Bake:** Conventional Oven 450°F, 10 minutes Convection Oven 400°F, 8 minutes Bake until golden brown. 4. Cut each pan into 25 pieces (5 x 5).

(over)

SERVING: 1 piece provides the equivalent of 1 slice of bread

YIELD:
25 servings: 2 lb 9 oz
50 servings: 5 lb 2 oz

VOLUME:
25 servings: 1 qt 1 cup (batter)
50 servings: 2 qt 2 cups (batter)

Special Tip: For best results, after pouring the batter in the pan, spray the top with vegetable oil to obtain a golden brown color.

Variations:

a. Whole Wheat Pancakes

25 servings: In Step 1, instead of using 15 oz of all-purpose flour, substitute a mixture of 7 oz (1½ cups) of whole wheat flour and 7 oz (1½ cups) all-purpose flour. Continue with Steps 1, 2, 3, and 4 as directed.

50 servings: In Step 1, instead of using 1 lb 14 oz of all-purpose flour, substitute a mixture of 14 oz (3 cups) whole wheat flour and 14 oz (3 cups) all-purpose flour. Continue with Steps 1, 2, 3, and 4 as directed.

b. Three-Grain Pancakes

25 servings: In Step 1, in place of all-purpose flour, substitute a mixture of 5 oz (1 cup) buckwheat flour, 5 oz (1 cup) enriched bran flour, and 5 oz (1 cup) whole wheat flour. Continue with Steps 1, 2, 3, and 4 as directed.

50 servings: In Step 1, in place of all-purpose flour, substitute a mixture of 10 oz (2 cups) buckwheat flour, 10 oz (2 cups) enriched bran flour, and 10 oz (2 cups) whole wheat flour. Continue with Steps 1, 2, 3, and 4 as directed.

Nutrients Per Serving

Calories	110	Saturated Fat	.7 g	Iron	1.0 mg
Protein	3 g	Cholesterol	20 mg	Calcium	106 mg
Carbohydrate	17 g	Vitamin A	26 RE/89 IU	Sodium	324 mg
Total Fat	3.1 g	Vitamin C	0 mg	Dietary Fiber	0 g

Baked Whole Wheat Doughnuts

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh large eggs		2 each		4 each		1. In a bowl, whisk eggs until foamy.
OR						
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup		
Brown sugar	6 oz	¾ cup	12 oz	1½ cups		2. Add brown sugar, honey, yogurt, and oil to eggs and whisk to combine.
Honey		¼ cup	6 oz	½ cup		
Lowfat plain yogurt	4 oz	½ cup	8 oz	1 cup		
Vegetable oil		¼ cup		½ cup		
All-purpose flour	12 oz	2⅓ cups	1 lb 8 oz	1 qt ⅔ cup		3. In a bowl, combine flours, baking powder, baking soda, cinnamon, ginger, and cloves. Sift dry ingredients into egg mixture 1 cup at a time, stirring lightly after each addition until a soft dough is formed. 4. Cover with plastic and refrigerate for at least 1 hour. 5. On a well-floured surface, roll out dough to a ½" thickness. Cut doughnuts with a floured doughnut cutter and place 12 doughnuts on each well-oiled or paper-lined half-sheet pan (18" x 13" x 1"). Spray tops of doughnuts lightly with cooking spray.
Whole wheat flour	5 oz	1 cup	10 oz	2 cups		
Baking powder		2 tsp		1 Tbsp 1 tsp		
Baking soda		1 tsp		2 tsp		
Ground cinnamon		¼ tsp		½ tsp		
Ground ginger		¼ tsp		½ tsp		
Ground cloves		¼ tsp		½ tsp		

(over)

SERVING: 1 doughnut provides the equivalent of 1½ slices of bread

YIELD:
25 servings: 1 lb 14 oz
50 servings: 3 lb 12 oz

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar	4 oz	½ cup	8 oz	1 cup		6. Combine sugar and cinnamon in a shaker. Sprinkle tops of doughnuts evenly with sugar mixture. 7. **To Bake:** Conventional Oven 350°F, 6 to 8 minutes Convection Oven 300°F, 6 to 8 minutes Bake until lightly browned.
Ground cinnamon		1½ tsp		1 Tbsp		

Nutrients Per Serving

Calories	152	Saturated Fat	.6 g	Iron	1.2 mg
Protein	3 g	Cholesterol	20 mg	Calcium	44 mg
Carbohydrate	29 g	Vitamin A	9 RE/32 IU	Sodium	102 mg
Total Fat	3.0 g	Vitamin C	0 mg	Dietary Fiber	1 g

Not Fried Rice

Vegetable • Grains/Breads

Grains/Breads A-8

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
White rice	12 oz	1½ cups 2 Tbsp	1 lb 8 oz	3¼ cups		1. Place rice and water in a steamtable pan (12" x 20" x 2½"). Cover with plastic wrap and foil. 2. **To Steam:** Compartment Steamer 20 minutes **To Bake:** Conventional Oven 350°F, 25 minutes
Water		3 cups		1 qt 2 cups		
Vegetable oil		2 Tbsp		¼ cup		3. Heat oil in a large saute pan. Add onions and cook over medium heat until tender, about 3 minutes. 4. Add frozen vegetables to onions and cook over medium heat until heated, about 3 minutes.
*Onions, minced	4 oz	¾ cup	8 oz	1½ cups		
OR						
Dehydrated onion flakes		2 Tbsp		¼ cup		
Frozen mixed vegetables	1 lb 5 oz	1 qt ¾ cup	2 lb 10 oz	2 qt 1½ cups		
Fresh large eggs, beaten		6 each		12 each		5. Add eggs and soy sauce to vegetables and cook over low heat, stirring frequently, until eggs are set, about 10 minutes. 6. Add vegetable mixture to rice in steamtable pan and stir to combine. **Be sure to heat to 165°F serving temperature.**
OR						
Frozen whole eggs, thawed	12 oz	1½ cups	1 lb 8 oz	3 cups		
Soy sauce		¼ cup		½ cup		

*See Marketing Guide.

(over)

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SERVING: 1/3 cup (No. 12 scoop) provides 1/4 cup of vegetable and the equivalent of 1/2 slice of bread

YIELD:
25 servings: 4 lb 3 oz
50 servings: 8 lb 6 oz

Nutrients Per Serving

Calories	98	Saturated Fat	.6 g	Iron	1.1 mg
Protein	4 g	Cholesterol	58 mg	Calcium	18 mg
Carbohydrate	15 g	Vitamin A	135 RE/1175 IU	Sodium	195 mg
Total Fat	2.7 g	Vitamin C	2 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	4½ oz	9 oz	....

Cut Biscuits

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	1 lb 8 oz	1 qt 1½ cups	3 lb	2 qt 3 cups		1. Blend flour, dry milk, baking powder, and salt in mixer for 1 minute on low speed.
Instant nonfat dry milk		½ cup 2 Tbsp	1¼ cups			
Baking powder		3 Tbsp 1½ tsp		¼ cup 3 Tbsp		
Salt		1½ tsp		1 Tbsp		
Shortening	5¾ oz	¾ cup 2 Tbsp	11½ oz	1¾ cups		2. Add shortening and blend into dry ingredients for 2 minutes on low speed. Mixture will be crumbly. 3. Add water and mix on low speed for approximately 1 minute to form soft dough. Scrape bowl as necessary during mixing. 4. Turn out onto lightly floured surface. Knead ball of dough lightly for 1 minute. 5. Roll or pat out each ball of dough to ½" thickness. Cut with floured 2½" biscuit cutter and place on sheet pan (18" x 26" x 1") in rows of 10 down and 5 across. For 25 servings, use 1 half-sheet pan. For 50 servings, use 1 sheet pan. 6. **To Bake**: Conventional Oven 450°F, 12 to 14 minutes Convection Oven 400°F, 8 to10 minutes Bake until lightly browned.
Cold water		1¾ cups 2 Tbsp		3¾ cups		

(over)

SERVING: 1 biscuit provides the equivalent of 1 1/4 slices of bread

YIELD:
25 servings: 25 (2 1/2-inch) biscuits
50 servings: 50 (2 1/2-inch) biscuits

Variations

a. Drop Biscuits

25 servings: Follow Steps 1 and 2. In Step 3, use 2 1/4 cups 2 Tbsp cold water. Omit Step 4. In Step 5, portion with level No. 16 scoop (1/4 cup) onto 1 half-sheet pan (18" x 13" x 1") in rows of 5 down and 5 across. Continue with Step 6.

50 servings: Follow Steps 1 and 2. In Step 3, use 1 qt 3/4 cup cold water. Omit Step 4. In Step 5, portion with level No. 16 scoop (1/4 cup) onto 1 sheet pan (18" x 26" x 1") in rows of 10 down and 5 across. Continue with Step 6.

b. Cut Biscuits Using Master Mix (A-15)

25 servings: Omit Steps 1 and 2. Use 1 lb 14 oz (1 qt 2 cups) Master Mix. Continue with Steps 3 through 6.

50 servings: Omit Steps 1 and 2. Use 3 lb 12 oz (3 qt) Master Mix. Continue with Steps 3 through 6.

Nutrients Per Serving

Calories	161	Saturated Fat	1.6 g	Iron	1.4 mg
Protein	3 g	Cholesterol	0 mg	Calcium	117 mg
Carbohydrate	22 g	Vitamin A	0 RE/1 IU	Sodium	312 mg
Total Fat	6.6 g	Vitamin C	0 mg	Dietary Fiber	1 g

Mexican-Style Cornbread Squares

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	8 oz	1¾ cups	1 lb	3½ cups		1. Blend flour, cornmeal or corn grits, sugar, baking powder, and salt in mixer for 1 minute on low speed.
Cornmeal	8 oz	1½ cups	1 lb	3 cups		
OR						
Corn grits	8 oz	1¼ cups 2 Tbsp	1 lb	2¾ cups		
Sugar		¼ cup 2 Tbsp	5¼ oz	¾ cup		
Baking powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp		
Salt		⅝ tsp		1¼ tsp		
Fresh large eggs		2 each		3 each		2. Mix eggs, milk, oil, cheese (optional), and chili peppers (optional). Add to dry ingredients and blend for 30 seconds on low speed. Beat on medium speed only until dry ingredients are moistened, 2 to 3 minutes, scraping down sides of bowl. **DO NOT OVERMIX**. Batter will be lumpy.
OR						
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup		
Lowfat milk or reconstituted instant nonfat dry milk		1¾ cups 2 Tbsp		3¾ cups		
Vegetable oil		¼ cup		½ cup		
Cheddar cheese, shredded (optional)	6 oz	1¾ cups	12 oz	3½ cups		
Green chili peppers, chopped (optional)		¼ cup	4 oz	½ cup		

(over)

SERVING: 1 piece provides the equivalent of 1 slice of bread

YIELD:
25 servings: 1 quarter-sheet pan
50 servings: 1 half-sheet pan

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						3. For 25 servings, pour 2 lb 7 oz (1 qt 1 cup) batter into a lightly oiled quarter-sheet pan (9" x 13" x 1"). For 50 servings, pour 4 lb 14 oz (2 qt 2 cups) batter into a lightly oiled half-sheet pan (18" x 13" x 1"). 4. **To Bake:** Conventional Oven 400°F, 30 to 35 minutes Convection Oven 350°F, 20 to 25 minutes Bake until lightly browned. 5. For 25 servings, cut quarter-sheet pan 5 x 5 (25 pieces per pan). For 50 servings, cut half-sheet pan 5 x 10 (50 pieces per pan).

Nutrients Per Serving

Calories	108	Saturated Fat	.5 g	Iron	.9 mg
Protein	3 g	Cholesterol	13 mg	Calcium	60 mg
Carbohydrate	18 g	Vitamin A	8 RE/37 IU	Sodium	134 mg
Total Fat	2.8 g	Vitamin C	0 mg	Dietary Fiber	1 g

Muffin Squares

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	14 oz	3 cups 2 Tbsp	1 lb 12 oz	1 qt 2¼ cups		1. Blend flour, dry milk, baking powder, sugar, and salt for 5 minutes in mixer on low speed. Add raisins (optional).
Instant nonfat dry milk		¼ cup 2 Tbsp		¾ cup		
Baking powder		2 Tbsp		¼ cup		
Sugar		½ cup	7 oz	1 cup		
Salt		1 tsp		2 tsp		
+Raisins, plumped (optional)	4 oz	½ cup 2 Tbsp	8 oz	1¼ cups		
Fresh large eggs		2 each		3 each		2. Combine eggs and water. Add slowly to dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, 15 to 20 seconds, scraping down the sides of the bowl.
OR						
Frozen whole eggs, thawed		½ cup	4 oz	1 cup		
Water		1¼ cups 2 Tbsp		2¾ cups		
Vegetable oil		¼ cup 2 Tbsp		¾ cup		3. Add oil slowly while mixing on low speed, approximately 40 seconds. **DO NOT OVERMIX**. Batter will be lumpy.

+To plump raisins, cover them with very hot tap water.
Soak 2 to 5 minutes. **DO NOT OVERSOAK**. Drain well before using.

(over)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						4. For 25 servings, pour 2 lb 3½ oz (1 qt 1 cup) batter into a lightly oiled half-steamtable pan (12" x 10" x 2½"). For 50 servings, pour 4 lb 7 oz (2 qt 2 cups) batter into a lightly oiled steamtable pan (12" x 20" x 2½"). 5. **To Bake:** Conventional Oven 425°F, 25 minutes Convection Oven 350°F, 15 minutes Bake until lightly browned. 6. For 25 servings, cut half-steamtable pan 5 x 5 (25 pieces per pan). For 50 servings, cut each steamtable pan 5 x 10 (50 pieces per pan). **For muffin pans:** Portion batter into oiled muffin pans with No. 24 scoop (2⅔ Tbsp). Fill no more than two-thirds full. 7. **To Bake:** Conventional Oven 400°F, 18 to 20 minutes Convection Oven 350°F, 12 to 15 minutes Bake until lightly browned. To cool, immediately remove muffins from pans and place on cooling racks.

SERVING: 1 piece provides the equivalent of 1 slice of bread

YIELD:
25 servings: 1 half-steamtable pan
50 servings: 1 steamtable pan

VOLUME:
25 servings: 2¾ cups
50 servings: 1 qt 1½ cups

Variations:

a. Whole Wheat Muffin Squares

25 servings: In Step 1, use 10½ oz (2¼ cups 2 Tbsp) all-purpose flour and 3½ oz (¾ cup 1 Tbsp) whole wheat flour. Continue with Steps 2 through 6.

50 servings: In Step 1, use 1 lb 5 oz (1 qt ¾ cup) all-purpose flour and 7 oz (1½ cups 2 Tbsp) whole wheat flour. Continue with Steps 2 through 6.

b. Muffin Squares using Master Mix (A-15)

25 servings: Omit Step 1. Blend 1 lb 4 oz (1 qt) Master Mix with 4 oz (½ cup) sugar. Continue with Step 2. Omit Step 3. Continue with Steps 4 through 6.

50 servings: Omit Step 1. Blend 2 lb 7½ oz (2 qt) Master Mix with 7 oz (1 cup) sugar. Continue with Step 2. Omit Step 3. Continue with Steps 4 through 6.

Nutrients Per Serving

Calories	110	Saturated Fat	.6 g	Iron	.9 mg
Protein	2 g	Cholesterol	13 mg	Calcium	66 mg
Carbohydrate	17 g	Vitamin A	6 RE/19 IU	Sodium	193 mg
Total Fat	3.7 g	Vitamin C	0 mg	Dietary Fiber	0 g

Pancakes

Grains/Breads

Grains/Breads A-12

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	1 lb	3½ cups 2 Tbsp	2 lb	1 qt 3¼ cups		1. Blend flour, baking powder, salt, dry milk, and sugar in mixer for 3 minutes on low speed.
Baking powder		2 Tbsp		¼ cup		
Salt		¾ tsp		1½ tsp		
Instant nonfat dry milk		½ cup		1 cup		
Sugar		2 Tbsp 2 tsp		⅓ cup		
Fresh large eggs **OR**		4 each		8 each		2. Combine eggs, water, and oil. Add to dry ingredients. 3. Blend for 2 minutes on low speed, scraping down the sides of the bowl. Batter will be lumpy. **DO NOT OVERMIX.**
Frozen whole eggs, thawed	8 oz	1 cup	1 lb	2 cups		
Water		2½ cups 2 Tbsp		1 qt 1¼ cups		
Vegetable oil		½ cup		1 cup		
221						4. Portion batter with level No. 20 scoop (3⅓ Tbsp) onto griddle or heavy frying pan, which has been heated to 375°F. (If desired, lightly oil surface.) 5. Cook until surface of pancakes is covered with bubbles and bottom side is lightly browned, approximately 2 minutes. Turn and cook until lightly browned on the other side, approximately 1 minute. 222

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SERVING: 1 pancake provides the equivalent of 1 slice of bread

YIELD:
25 servings: 25 (4 inch) pancakes
50 servings: 50 (4 inch) pancakes

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						6. Serve immediately or reheat in covered steamtable pans (12" x 20" x 2½"). 7. **To Bake:** Conventional Oven 350°F, 10 to 15 minutes Convection Oven 300°F, 8 to 10 minutes

Variation:

a. Pancakes Using Master Mix (A-15)

25 servings: Omit Step 1. Use 1 lb 6½ oz (1 qt ½ cup) Master Mix and 2 Tbsp 2 tsp sugar. In Step 2, omit oil. In Step 3, blend for 3 minutes on medium speed. Continue with Steps 4 through 6.

50 servings: Omit Step 1. Use 2 lb 13 oz (2 qt 1 cup) Master Mix and 2¼ oz (⅓ cup) sugar. In Step 2, omit oil. In Step 3, blend for 3 minutes on medium speed. Continue with Steps 4 through 6.

Nutrients Per Serving

Calories	128	Saturated Fat	.9 g	Iron	1.1 mg
Protein	3 g	Cholesterol	35 mg	Calcium	80 mg
Carbohydrate	16 g	Vitamin A	16 RE/52 IU	Sodium	187 mg
Total Fat	5.4 g	Vitamin C	0 mg	Dietary Fiber	1 g

Banana Bread Squares

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	14 oz	3 cups 2 Tbsp	1 lb 12 oz	1 qt 2 1/4 cups		1. Blend flour, sugar, dry milk, baking powder, baking soda, and salt for 1 minute in mixer on low speed.
Sugar	8 1/2 oz	1 1/4 cups	1 lb 1 oz	2 1/2 cups		
Instant nonfat dry milk		2 Tbsp		1/4 cup		
Baking powder		1 Tbsp		2 Tbsp		
Baking soda		1/2 tsp		1 tsp		
Salt		1/2 tsp		1 tsp		
Fresh large eggs		2 each		4 each		2. Combine eggs and water. Add eggs, water, and shortening to dry ingredients. Blend for 30 seconds on low speed. Beat for 1 minute on medium speed, scraping down the sides of the bowl.
OR						
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup		
Water		1/2 cup 2 Tbsp		1 1/4 cups		
Shortening		1/2 cup	6 1/2 oz	1 cup		
*Bananas, mashed	13 oz	1 1/2 cups 2 Tbsp	1 lb 10 oz	3 1/4 cups		3. Add mashed bananas and nuts (optional). Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. **DO NOT OVERMIX.** Batter will be lumpy. 4. For 50 servings, pour 5 lb 10 oz (2 qt 2 cups) batter into a lightly greased steamtable pan (12" x 20" x 2 1/2"). For 25 servings, use 1 half-steamtable pan (12" x 10" x 2 1/2").
Walnuts, chopped (optional)		3/4 cup	6 1/2 oz	1 1/2 cups		

*See Marketing Guide.

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Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						5. **To Bake:** Conventional Oven 350°F, 35 to 45 minutes Convection Oven 300°F, 25 to 35 minutes Bake until browned. 6. Cool. Cut 5 x 5 (25 servings) or 5 x 10 (50 servings).
						For Loaf Pans: Pour 1 lb 14 oz (3 cups) batter into each lightly greased loaf pan (4" x 10" x 4"). For 50 servings, use 3 loaf pans. **To Bake:** Conventional Oven 350°F, 50 to 60 minutes Convection Oven 300°F, 40 to 50 minutes Bake until lightly browned. Remove from pans. Cool completely. Cut each loaf into 17 slices, approximately ½" thick.

SERVING: 1 piece provides the equivalent of 1 slice of bread

YIELD:
25 servings: 1 half-steamtable pan
50 servings: 1 steamtable pan

Variation:

a. Banana Bread Squares Using Master Mix (A-15)

25 servings: Omit Step 1. Blend 1 lb 3¾ oz (1 qt) Master Mix with 8½ oz (1¼ cups) sugar. In Step 2, omit shortening. Continue with Steps 3 through 6.

50 servings: Omit Step 1. Blend 2 lb 7½ oz (2 qt) Master Mix with 1 lb 1 oz (2½ cups) sugar. In Step 2, omit shortening. Continue with Steps 3 through 6.

Nutrients Per Serving

Calories	147	Saturated Fat	1.1 g	Iron	.9 mg
Protein	2 g	Cholesterol	17 mg	Calcium	41 mg
Carbohydrate	25 g	Vitamin A	9 RE/35 IU	Sodium	136 mg
Total Fat	4.3 g	Vitamin C	1 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Bananas	1 lb 4 oz	2 lb 8 oz	....

Bread Stuffing

Grains/Breads

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Bread cubes, soft	2 lb 5½ oz	1½ gal 2 cups	4 lb 11 oz	3 gal 1 qt		1. Combine bread cubes, celery, onions, raisins (optional), poultry seasoning, pepper, garlic powder, thyme (optional), and butter or margarine. Mix lightly until well blended.
*Fresh celery, chopped	8 oz	1¾ cups 2 Tbsp	1 lb	3¾ cups		
*Onions, chopped	6 oz	1 cup	12 oz	2 cups		
OR						
Dehydrated onions		¼ cup		½ cup		
+Raisins, plumped (optional)		½ cup	6½ oz	1 cup		
Poultry seasoning		1½ tsp		1 Tbsp		
Black pepper		¾ tsp		1½ tsp		
Garlic powder		1½ tsp		1 Tbsp		
Flaked thyme (optional)		1 Tbsp		2 Tbsp		
Butter or margarine, melted	5¼ oz	⅔ cup	10½ oz	1⅓ cups		
Chicken broth from soup base		1½ qt		3 qt		2. Add chicken broth to bread mixture. Mix gently to moisten. 3. For 25 servings, spread 6 lb 7 oz (¾ qt) of stuffing evenly into a lightly greased steamtable pan (12" x 20" x 2½"). For 50 servings, use 2 steamtable pans. 4. **To Bake:** Conventional Oven 350°F, 30 to 40 minutes; Convection Oven 300°F, 20 to 30 minutes. **Bake until lightly browned and internal temperature registers 165°F.** 5. Portion with No. 12 scoop (⅓ cup).

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*See Marketing Guide.

+To plump raisins, cover them with very hot tap water. Soak 2 to 5 minutes. DO NOT OVERSOAK. Drain well before using.

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SERVING: ⅓ cup (No. 12 scoop) provides the equivalent of 1½ slices of bread

YIELD: 25 servings: 1 steamtable pan
50 servings: 2 steamtable pans

Nutrients Per Serving

Calories	167	Saturated Fat	3.4 g	Iron	1.4 mg
Protein	4 g	Cholesterol	13 mg	Calcium	58 mg
Carbohydrate	23 g	Vitamin A	49 RE/204 IU	Sodium	640 mg
Total Fat	6.6 g	Vitamin C	1 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Celery	10 oz	1 lb 4 oz	
Mature onions	7 oz	14 oz	

Master Mix

Ingredients	1 Gallon 2 Quarts		3 Gallons		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	5 lb 4 oz	1 gal 3 cups	10 lb 8 oz	2 gal 1½ qt		1. Place flour, baking powder, salt, cream of tartar, and dry milk in mixer. Blend for 3 minutes on low speed.
Baking powder	4¾ oz	¾ cup	9½ oz	1½ cups		
Salt		2 Tbsp		¼ cup		
Cream of tartar		1 Tbsp 1½ tsp		3 Tbsp		
Instant nonfat dry milk	6 oz	2½ cups	12 oz	1 qt 1 cup		
Shortening	1 lb 5 oz	3 cups 2 Tbsp	2 lb 10 oz	1 qt 2¼ cups		2. Add shortening to dry ingredients and mix for 5 minutes on low speed, or until evenly distributed. Mixture will be crumbly. 3. Store in tightly covered container, in the refrigerator. 4. Use Master Mix in recipes for: Cut Biscuits (A-9); Muffin Squares (A-11); Pancakes (A-12); and Banana Bread Squares (A-13).

(over)

SERVING: See individual recipes that use Master Mix

YIELD:
6 quarts: 7 lb 6 oz
12 quarts: 14 lb 12 oz

Special Tip: A 10-qt mixer may be used to produce 1 gal 2 qt of Master Mix. A 20-qt mixer may be used to produce 3 gal of Master Mix.

Nutrients Per Cup of Master Mix

Calories	610	Saturated Fat	6.4 g	Iron	5.3 mg
Protein	13 g	Cholesterol	1 mg	Calcium	445 mg
Carbohydrate	81 g	Vitamin A	0 RE/3 IU	Sodium	1226 mg
Total Fat	25.8 g	Vitamin C	0 mg	Dietary Fiber	3 g

Oatmeal Muffin Squares

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Rolled oats	4 oz	1 cup 2 Tbsp	8 oz	2¼ cups		1. Place oats in a bowl and pour hot water over them. Let stand 20 minutes. Do not drain.
Hot water		1¾ cups		3½ cups		
All-purpose flour	10 oz	1¾ cups	1 lb 4 oz	3½ cups		2. Combine flour, baking soda, cinnamon, nutmeg, and salt in a bowl.
Baking soda		⅝ tsp		1¼ tsp		
Ground cinnamon		⅝ tsp		1¼ tsp		
Ground nutmeg		⅝ tsp		1¼ tsp		
Salt		⅝ tsp		1¼ tsp		
Margarine or butter		¼ cup 2 Tbsp	6 oz	¾ cup		3. In a mixing bowl, using a paddle attachment, beat the margarine and sugars for 10 minutes. Scrape down the sides of the bowl. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes. 4. Add the oat mixture and blend. Add the flour mixture and blend for 1 minute. Scrape down the sides of the bowl.
Brown sugar	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2¼ cups		
Sugar	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2¼ cups		
Vanilla		1¼ tsp		2½ tsp		
Fresh large egg whites		4 each		7 each		
OR						
Frozen egg whites, thawed	5 oz	½ cup 1 Tbsp	9 oz	1 cup 2 Tbsp		
Lowfat plain yogurt		2 Tbsp		¼ cup		
Canned applesauce		2 Tbsp		¼ cup		
Topping:						
Rolled oats		½ cup		1 cup		5. Combine topping ingredients and mix until crumbs are pea-sized. 6. For 25 servings, pour 1 qt 2 cups (3 lb 12 oz) of batter into a lightly greased half-steamtable pan (12" x 10" x 2½") and spread evenly. Sprinkle ¾ cup 2 Tbsp of topping over pan.
All-purpose flour		2 Tbsp		¼ cup		
Brown sugar		2 Tbsp		¼ cup		
Margarine or butter		2 Tbsp		¼ cup		

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Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						For 50 servings, pour 3 qt (7 lb 7 oz) of batter into a lightly greased steamtable pan (12" x 20" x 2½") and spread evenly. Sprinkle 1¾ cups of topping over pan. 7. **To Bake:** Conventional Oven 325°F, 45 minutes Convection Oven 325°F, 35 minutes Bake until golden brown and muffin pulls away from sides of pan. 8. Cut each half-steamtable pan 5 x 5 (25 portions). Cut each steamtable pan 5 x 10 (50 portions).
						If making individual muffins: 1 qt 2 cups of batter will make 26 muffins. Portion batter into oiled muffin pans with No. 20 scoop (3⅓ Tbsp). Fill no more than two-thirds full. Sprinkle ½-Tbsp topping over each muffin. **To Bake:** Conventional Oven 400°F, 18 to 20 minutes Convection Oven 350°F, 12 to 15 minutes Bake until golden brown. To cool, immediately remove muffins from pans and place on cooling racks.

SERVING: 1 square provides the equivalent of 1 slice of bread

YIELD:
25 servings: 3 lb 8 oz
50 servings: 7 lb 1 oz

VOLUME:
25 servings: 1 qt 2 cups
50 servings: 3 qt 1/2 cup

Variations

a. Peach Muffin Squares

25 servings: In Step 6, refrigerate batter (already in half-steamtable pans) for 1 hour prior to adding topping. Then spread 1 lb 9 oz of canned, sliced peaches (drained) over each pan. (Fruit may be pureed.) Sprinkle 3/4 cup of topping over fruit. Bake as directed.

50 servings: In Step 6, refrigerate batter (already in steamtable pans) for 1 hour prior to adding topping. Then spread 3 lb 2 oz of canned, sliced peaches (drained) over each pan. (Fruit may be pureed.) Sprinkle 1 3/4 cups of topping over fruit.

b. Blueberry Muffin Squares

25 servings: In Step 6, refrigerate batter (already in half-steamtable pans) for 1 hour prior to adding topping. Then spread 1 lb 9 oz of frozen blueberries (thawed and drained) over each pan. (Fruit may be pureed.) Sprinkle 3/4 cup of topping over fruit. Bake as directed.

50 servings: In Step 6, refrigerate batter (already in steamtable pans) for 1 hour prior to adding topping. Then spread 3 lb 2 oz of frozen blueberries (thawed and drained) over each pan. (Fruit may be pureed.) Sprinkle 1 3/4 cups of topping over fruit. Bake as directed.

Nutrients Per Serving

Calories	185	Saturated Fat	.9 g	Iron	1.0 mg
Protein	3 g	Cholesterol	0 mg	Calcium	20 mg
Carbohydrate	34 g	Vitamin A	46 RE/157 IU	Sodium	147 mg
Total Fat	4.2 g	Vitamin C	0 mg	Dietary Fiber	1 g

Pizza Crust

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Active dry yeast		1 Tbsp 1¾ tsp		3 Tbsp ½ tsp		**For best results, have all ingredients and utensils at room temperature.** 1. Dissolve dry yeast in warm water. Let stand for 4 to 5 minutes. 2. Place flour in large mixer bowl. Make a well in the center. 3. Pour in dissolved yeast, oil, salt, and sugar. Gradually work into the flour using dough hook on low speed. Knead for 15 minutes on medium speed.
Water, warm (110°F)		2 cups 2 Tbsp		1 qt ¼ cup		
All-purpose or bread flour	1 lb 12 oz	1 qt 2¼ cups	3 lb 8 oz	3 qt ½ cup		
Vegetable oil		2 Tbsp 2 tsp		⅓ cup		
Salt		½ tsp		1¼ tsp		
Sugar		1 Tbsp ½ tsp		2 Tbsp 1 tsp		
Cornmeal		¼ cup		½ cup		
						4. Divide and shape dough into balls 2 lb 4 oz each. You will have 1¼ balls for 25 servings or 2½ balls for 50 servings. Let rest for 20 minutes. 5. Lightly oil 5 sheet pans (18" x 26" x 1"). Sprinkle each pan with 1 oz (3 Tbsp) cornmeal. 6. Place 1 dough ball in center of each pan. Flatten dough by rolling or spreading dough ⅛" thick to rim of pans. Keep edges thicker than center. 7. For directions on topping, baking, and portioning, see Pizza with Ground Beef Topping (D-23).

(over)

SERVING: 1 portion provides the equivalent of 2 slices of bread

YIELD:
25 servings: 1⅓ sheet pans
50 servings: 2⅔ sheet pans

Nutrients Per Serving

Calories	137	Saturated Fat	.3 g	Iron	1.6 mg
Protein	3.6 g	Cholesterol	0 mg	Calcium	6 mg
Carbohydrate	26 g	Vitamin A	0 RE/3 IU	Sodium	60 mg
Total Fat	1.8 g	Vitamin C	0 mg	Dietary Fiber	1 g

B. Desserts

Food Safety Tips

1. *Always* wash hands *before* beginning any food preparation.
2. *Always* wash hands *after* handling any raw animal products, such as eggs. This is to prevent cross-contamination.
3. Maintain 40°F for all chilled products.
4. Use refrigerator thermometers to be sure that the temperature is 40°F.
5. Use oven thermometers to ensure accuracy of baking temperature and a quality end-product.

Recipes	Recipe Number
Bars	
Glazed Lemon Bars	B-6
Brownies	B-15
Cake	
Applesauce Cake	B-20
Peach (or Pineapple) Upside-Down Cake (variation)	B-13a
Striped Cake	B-5
Yellow Cake	B-13
Cobbler	
Apple Cobbler	B-17
Cherry Cobbler	B-16
Peach Cobbler	B-18
Cookies	
Oatmeal-Raisin Cookies	B-11
Oatmeal-Whole Wheat-Raisin Cookies (variation)	B-2a
Peanut Butter-Raisin Cookies	B-3
Sugar Cookies	B-4
Whole Wheat Cookies	B-2
Whole Wheat-Peanut Butter-Raisin Cookies (variation)	B-3a

Recipes	Recipe Number
Crisp	
Apple Crisp	B-19
Cherry Crisp	B-10
Custard	
Apple-Bread Pudding (variation)	B-1c
Baked Custard	B-1
Bread Pudding (variation)	B-1b
Stirred Custard Sauce (variation)	B-1a
Frosting	
Brownie Icing	B-21
Chocolate Cream Frosting (variation)	B-12a
Peanut Butter Cream Frosting (variation)	B-12b
Vanilla Cream Frosting	B-12
Fruit and Rice Dessert	B-9
Pastry Crust	
Bottom Pastry Crust	B-23
Top Pastry Crust	B-22
Pudding	
Pumpkin Pudding	B-7
Rice Pudding	B-14
Vanilla Pudding	B-8

Baked Custard

Desserts B-1

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar	8 oz	1 cup	1 lb	2 cups		1. In a bowl, whisk sugar, salt, milk, and vanilla until blended.
Salt		1 tsp		2 tsp		
Lowfat milk		1 qt 1½ cups		2 qt 3 cups		
Vanilla		2 Tbsp		¼ cup		
Fresh large eggs **OR**		6 each		12 each		2. In a stainless steel bowl, whisk eggs and egg whites until foamy. Add to the milk mixture and whisk until blended.
Frozen whole eggs, thawed	12 oz	1½ cups	1 lb 8 oz	3 cups		
Fresh large egg whites **OR**		3 each		6 each		
Frozen egg whites, thawed	4 oz	½ cup	8 oz	1 cup		
Nutmeg (optional)		1 tsp		2 tsp		3. Pour 2 qt (4 lb 8 oz) of liquid into each lightly greased glass casserole dish (13" x 9" x 2"). Sprinkle nutmeg (optional) on top. 4. Set casserole dish in a shallow pan. Pour hot water around the dish to 1" deep. 5. **To Bake:** Conventional Oven 350°F, 1 hour 25 minutes Convection Oven 300°F, 1 hour 20 minutes **Bake until knife inserted in center of custard comes out clean.** 6. Cut each pan into 25 pieces.

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SERVING: 1 piece

YIELD: 25 servings: 4 lb
50 servings: 8 lb

Variations:

a. Stirred Custard Sauce

25 servings: In Step 1, use 2 cups of milk. Heat milk, sugar, salt and vanilla to 140°F. In Step 2, use 8 oz (4 each) of whole eggs and 3 oz (2 each) of egg whites. Slowly add milk mixture to whipped eggs. Place custard mixture in pot and heat to simmer (160°F), until mixture coats spoon, stirring constantly. Remove from heat. This may be used as sauce over cake, bread pudding, or fruit. Use 2 Tbsp per serving.

50 servings: In Step 1, use 1 qt of milk. Heat milk, sugar, salt and vanilla to 140°F. In Step 2, use 1 lb (8 each) of whole eggs and 6 oz (4 each) of egg whites. Slowly add milk mixture to whipped eggs. Place custard mixture in pot and heat to simmer (160°F), until mixture coats spoon, stirring constantly. Remove from heat. This may be used as a sauce over cake, bread pudding, or fruit. Use 2 Tbsp per serving.

b. Bread Pudding

25 servings: Follow Steps 1 and 2. Place 3 cups (3 oz) of soft bread cubes in a lightly greased glass casserole dish (13" x 9" x 2"). Continue with Steps 3 through 6.

50 servings: Follow Steps 1 and 2. Divide 1 qt 2 cups (6 oz) of soft bread cubes between 2 lightly greased glass casserole dishes (13" x 9" x 2"). Continue with Steps 3 through 6.

c. Apple-Bread Pudding

25 servings: Follow Steps 1 and 2. Distribute 1 lb 14 oz (1 qt 3½ cups) of peeled, fresh (or canned), diced apples over 3 cups (3 oz) of soft bread cubes in a lightly greased glass casserole dish (13" x 9" x 2"). Continue with Steps 3 through 6.

50 servings: Follow Steps 1 and 2. Distribute 3 lb 12 oz (3 qt 3 cups) of peeled, fresh (or canned), diced apples over 1 qt 2 cups (6 oz) of soft bread cubes between 2 lightly greased glass casserole dishes (13" x 9" x 2"). Continue with Steps 3 through 6.

Nutrients Per Serving

Calories	83	Saturated Fat	.8 g	Iron	.2 mg
Protein	4 g	Cholesterol	60 mg	Calcium	73 mg
Carbohydrate	12 g	Vitamin A	58 RE/196 IU	Sodium	145 mg
Total Fat	1.9 g	Vitamin C	0 mg	Dietary Fiber	0 g

Whole Wheat Cookies

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups		1. In a mixing bowl, use a paddle attachment on medium speed to cream margarine or butter and sugar for 10 minutes.
Sugar	12 oz	1 1/2 cups	1 lb 8 oz	3 cups		
Fresh large eggs		2 each		4 each		2. Add eggs, vanilla, and milk. Mix on medium speed for 1 minute until smooth. Scrape the sides of the bowl.
OR						
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup		
Vanilla		1 1/2 tsp		1 Tbsp		
Lowfat milk		3 Tbsp		1/4 cup 2 Tbsp		
Whole wheat flour	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups		3. In a bowl, combine flour, baking powder, baking soda, salt, nutmeg, and cinnamon. Gradually add to the creamed mixture and mix on medium speed for 1 minute until well blended. Scrape the sides of the bowl.
Baking powder		1 1/2 tsp		1 Tbsp		
Baking soda		3/4 tsp		1 1/2 tsp		
Salt		3/4 tsp		1 1/2 tsp		
Ground nutmeg		1/2 tsp		1 tsp		
Ground cinnamon		1/2 tsp		1 tsp		

(over)

SERVING: 1 cookie

YIELD: 25 servings: 2 lb 4 oz
50 servings: 4 lb 8 oz
VOLUME: 25 servings: 1 qt (dough)
50 servings: 2 qt (dough)

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar	2 oz	1/4 cup	4 oz	1/2 cup		4. Using a No. 30 scoop, portion dough (4 x 5) on lightly greased or paper-lined sheet pans (18" x 26" x 1"). 5. Combine sugar and cinnamon in a shaker and sprinkle over cookies. 6. **To Bake:** Conventional Oven 375°F, 12 minutes Convection Oven 350°F, 16 minutes Bake until light brown.
Ground cinnamon		1 tsp		2 tsp		

Special Tip: For a lighter texture, substitute all-purpose flour for half of the whole wheat flour.

Nutrients Per Serving

Calories	177	Saturated Fat	1.1 g	Iron	.8 mg
Protein	3 g	Cholesterol	19 mg	Calcium	35 mg
Carbohydrate	29 g	Vitamin A	77 RE/258 IU	Sodium	201 mg
Total Fat	6.3 g	Vitamin C	0 mg	Dietary Fiber	2 g

Variation:

a. Oatmeal-Whole Wheat Raisin Cookies

25 servings: In Step 3, reduce the whole wheat flour to 10 oz (2 cups) and add 3 oz (1 cup) of rolled oats. At the end of Step 3, add 6 oz (1 cup) of raisins to the dough and mix on low speed for 30 seconds, until combined. Continue with Steps 4 through 6 as directed.

50 servings: In Step 3, reduce the whole wheat flour to 1 lb 4 oz ([illegible] and add 6 oz (2 cups) of rolled oats. At the end of Step 3, add 12 oz (2 cups) of raisins to the dough and mix on low speed for 30 seconds, until combined. Continue with Steps 4 through 6 as directed.

Peanut Butter-Raisin Cookies

Desserts B-3

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar	6 oz	3/4 cup	12 oz	1 1/2 cups		1. In a mixing bowl, use the paddle attachment on medium speed to cream sugars, salt, and margarine or butter for 5 minutes.
Brown sugar		1/4 cup	4 oz	1/2 cup		
Salt		1/4 tsp		1/2 tsp		
Margarine or butter	4 oz	1/2 cup	8 oz	1 cup		
Peanut butter	7 oz	3/4 cup	14 oz	1 1/2 cups		2. Add peanut butter and mix on medium speed for 2 minutes. Scrape the sides of the bowl.
Fresh large eggs		2 each		4 each		
OR						
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup		3. Add eggs and vanilla and mix on medium speed for 1 minute, until blended.
Vanilla		1 1/2 tsp		1 Tbsp		
All-purpose flour	8 oz	1 1/2 cups	1 lb	3 cups		4. Slowly add flour, baking soda, dry milk, and raisins and mix on low speed for 1 minute. Scrape the sides of the bowl and mix on medium speed for 30 seconds. 5. Using a No. 40 scoop, portion dough (6 x 5) onto paper-lined sheet pans (18" x 26" x 1"). Press each cookie flat with a floured fork. 6. **To Bake:** Conventional Oven 350°F, 10 minutes Convection Oven 300°F, 10 minutes Bake until golden brown.
Baking soda		1/2 tsp		1 tsp		
Instant nonfat dry milk		2/3 cup	5 oz	1 1/3 cups		
Raisins, chopped		1/2 cup	6 oz	1 cup		

(over)

SERVING: 1 cookie

YIELD: 25 servings: 1 lb 9 oz
50 servings: 3 lb 2 oz

Special Tip: For ease in chopping, coat raisins with flour.

Variation:

a. Whole Wheat-Peanut Butter Raisin Cookies

25 servings: Follow Steps 1, 2, and 3. In Step 4, instead of using 8 oz (1½ cups) of all-purpose flour, substitute a mixture of 4 oz (¾ cup) of whole wheat flour and 4 oz (¾ cup) of all-purpose flour. Continue with Steps 4 and 5 as directed. In Step 6, bake in a 350°F conventional oven for 15 to 18 minutes or in a 300°F convection oven for 12 to 15 minutes until golden brown.

50 servings: Follow Steps 1, 2, and 3. In Step 4, instead of using 1 lb (3 cups) of all-purpose flour, substitute a mixture of 8 oz (1½ cups) of whole wheat flour and 8 oz (1½ cups) of all-purpose flour. Continue with Steps 4 and 5 as directed. In Step 6, bake in a 350°F conventional oven for 15 to 18 minutes or in a 300°F convection oven for 12 to 15 minutes until golden brown.

Nutrients Per Serving

Calories	175	Saturated Fat	1.7 g	Iron	.8 mg
Protein	5 g	Cholesterol	20 mg	Calcium	47 mg
Carbohydrate	22 g	Vitamin A	54 RE/180 IU	Sodium	151 mg
Total Fat	8.3 g	Vitamin C	0 mg	Dietary Fiber	1 g

Sugar Cookies

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups		1. In a mixing bowl, use the paddle attachment on medium speed to cream margarine or butter and sugar for 10 minutes.
Sugar	12 oz	1 1/2 cups	1 lb 8 oz	3 cups		
Fresh large eggs		2 each		4 each		2. Add eggs, vanilla, and milk. Mix on medium speed for 1 minute, until smooth. Scrape the sides of the bowl.
OR						
Frozen whole eggs, thawed		1/4 cup 2 Tbsp	6 oz	3/4 cup		
Vanilla		1 1/2 tsp		1 Tbsp		
Lowfat milk		3 Tbsp		1/4 cup 2 Tbsp		
All-purpose flour	14 oz	2 3/4 cups	1 lb 12 oz	1 qt 1 1/2 cups		3. Combine flour, baking powder, baking soda, salt, nutmeg, and cinnamon. Gradually add dry ingredients to the creamed mixture. Mix on low speed for 1 minute, until blended. Scrape the sides of the bowl and mix on medium speed for 30 seconds.
Baking powder		1 1/2 tsp		1 Tbsp		
Baking soda		3/4 tsp		1 1/2 tsp		
Salt		3/4 tsp		1 1/2 tsp		
Ground nutmeg		1/2 tsp		1 tsp		
Ground cinnamon		1/2 tsp		1 tsp		
Sugar		1/4 cup	4 oz	1/2 cup		4. Using a No. 30 scoop, portion dough (4 x 5) on lightly greased or paper-lined sheet pans (18" x 13" x 1"). 5. Combine sugar and cinnamon (optional) in a shaker and sprinkle over the cookies.
Ground cinnamon (optional)		1 tsp		2 tsp		

(over)

SERVING: 1 cookie

YIELD: 25 servings: 1 lb 11 oz
50 servings: 3 lb 6 oz

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
						6. **To Bake:** Conventional Oven 375°F, 12 minutes Convection Oven 350°F, 16 minutes Bake until light brown.

Nutrients Per Serving

Calories	88	Saturated Fat	.6 g	Iron	.4 mg
Protein	1 g	Cholesterol	7 mg	Calcium	13 mg
Carbohydrate	14 g	Vitamin A	38 RE/125 IU	Sodium	103 mg
Total Fat	3.0 g	Vitamin C	0 mg	Dietary Fiber	0 g

Striped Cake

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups		1. In a mixing bowl, use the paddle attachment on low speed to combine flour, sugar, dry milk, baking powder, and salt. Mix for 1 minute until blended.
Sugar	1 lb	2 cups	2 lb	1 qt		
Instant nonfat dry milk		⅔ cup	5 oz	1⅓ cups		
Baking powder		2 Tbsp		¼ cup		
Salt		¾ tsp		1½ tsp		
Fresh large egg whites		6 each		12 each		2. In a bowl, whisk egg whites, vanilla, and water until combined.
OR						
Frozen egg whites, thawed	7 oz	¾ cup 2 Tbsp	14 oz	1¾ cups		
Vanilla		1 Tbsp		2 Tbsp		
Water		1½ cups		3 cups		
Shortening	6 oz	1 cup	12 oz	2 cups		3. Add liquid mixture and shortening to dry ingredients. Mix on low speed for 30 seconds. Scrape the sides of the bowl and mix on medium speed for 5 minutes. 4. Pour 1 qt 3½ cups (3 lb 8 oz) of batter into each lightly greased and floured half-sheet pan (18" x 13" x 1").

(over)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						5. **To Bake:** Conventional Oven 375°F, 15 to 18 minutes Convection Oven 350°F, 18 to 20 minutes Bake until lightly browned. 6. Set aside to cool for 15 minutes.
Cherry-flavored gelatin Water, boiling Water, cold		¼ cup 2 Tbsp 1 cup 1 cup	6 oz	¾ cup 2 cups 2 cups		**To make filling:** 7. In a small bowl, dissolve gelatin in boiling water. Add cold water and whisk to combine. 8. Using a fork, make holes in the top of the cake, ½" apart. These can be as deep as you like, even to the bottom of the cake. Pour 2 cups of gelatin evenly over the top of each cake. Refrigerate for at least 2 hours.
Whipped topping	8 oz	3 cups	1 lb	1 qt 2 cups		9. Spread 3 cups (8 oz) of whipped topping evenly over the top of each cake. 10. Cut each cake into 25 pieces (5 x 5).

Vanilla Pudding

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lowfat milk		1 qt 1 cup		2 qt 2 cups		1. In a pot, bring milk, sugar, and salt to a simmer over very low heat, stirring occasionally.
Sugar	6 oz	¾ cup	12 oz	1½ cups		
Salt		¼ tsp		½ tsp		
Fresh large eggs		2 each		4 each		2. In a bowl, beat eggs until just combined.
OR						
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup		
Cornstarch		½ cup	4 oz	1 cup		3. Dissolve cornstarch in water. Add to eggs and whisk to combine.
Cold water		½ cup		1 cup		4. When milk has reached a simmer, slowly add egg mixture, whisking constantly until pudding returns to a simmer, about 7 minutes.
Vanilla		2 Tbsp		¼ cup		5. Remove pudding from heat and stir in vanilla. 6. Transfer pudding to a bowl and continue to stir until pudding begins to cool. Refrigerate until ready to serve.

(over)

SERVING: ¼ cup (No. 16 scoop)

YIELD:
25 servings: 3 lb 6 oz
50 servings: 6 lb 12 oz

VOLUME:
25 servings: 1 qt 2½ cups
50 servings: 2 qt 1 cup

Nutrients Per Serving

Calories	65	Saturated Fat	.5 g	Iron	.1 mg
Protein	2 g	Cholesterol	21 mg	Calcium	63 mg
Carbohydrate	11 g	Vitamin A	37 RE/129 IU	Sodium	54 mg
Total Fat	1.0 g	Vitamin C	0 mg	Dietary Fiber	0 g

Fruit and Rice Dessert

Fruit

Desserts B-9

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
White rice	6 oz	¾ cup	12 oz	1½ cups		1. Place rice and water in a half-steamtable pan (12" x 10" x 2"). Cover with foil. 2. **To Steam:** Compartment Steamer 25 minutes **To Bake:** Conventional Oven 350°F, 25 minutes Steam or bake until tender. Set aside to cool for 1 hour.
Water		1¾ cups		3½ cups		
Canned cling peaches, diced, drained	3 lb 10 oz	1 qt 3 cups	7 lb 4 oz	3 qt 2 cups		3. In a bowl, combine peaches, marshmallows, sugar, salt, and whipped topping. Add rice to this mixture and stir to blend. 4. Chill 1 hour to soften marshmallows.
Miniature marshmallows		1½ cups	4 oz	3 cups		
Powdered sugar		½ cup	4 oz	1 cup		
Salt		¼ tsp		½ tsp		
Whipped topping	6 oz	3 cups	12 oz	1 qt 2 cups		
OR						
Lowfat vanilla yogurt	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt		

(over)

SERVING: ⅓ cup (No. 12 scoop) provides
¼ cup of fruit

YIELD: 25 servings: 5 lb 6 oz
50 servings: 10 lb 12 oz

VOLUME: 25 servings: 3 qt 1 cup
50 servings: 1 gal 2 qt 2 cups

Special Tip: For variety, substitute any combination of fruit cocktail, cherries, fresh grape halves, and mandarin oranges for the peaches.

Nutrients Per Serving

Calories	93	Saturated Fat	.8 g	Iron	.5 mg
Protein	1 g	Cholesterol	0 mg	Calcium	9 mg
Carbohydrate	21 g	Vitamin A	39 RE/389 IU	Sodium	33 mg
Total Fat	1.0 g	Vitamin C	2 mg	Dietary Fiber	1 g

Cherry Crisp

Fruit

Desserts B-10

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	6¾ oz	1½ cups	13½ oz	3 cups		1. **For topping:** Combine flour, rolled oats or rolled wheat, brown sugar, cloves, salt, and butter or margarine. Mix until crumbly. Set aside for Step 8.
Rolled oats	4½ oz	1¾ cups	9 oz	3½ cups		
OR						
Rolled wheat	4½ oz	1½ cups	9 oz	3 cups		
Brown sugar, packed	7½ oz	1 cup	15 oz	2 cups		
Ground cloves		¼ tsp		½ tsp		
Salt		¼ tsp		½ tsp		
Butter or margarine	8 oz	1 cup	1 lb	2 cups		
Canned red cherries (tart, pitted) with juice	3 lb 3½ oz	1 qt 2 cups	6 lb 7 oz	1 No. 10 can		2. **For filling:** Drain cherries, reserving juice. For 25 servings, reserve ½ cup juice. For 50 servings, reserve 1 cup juice. Set juice aside for Step 4. 3. For 25 servings, place 2 lb 4 oz (1 qt 1¾ cups) cherries into a half-steamtable pan (12" x 10" x 2½"). For 50 servings, place 4 lb 8 oz (2 qt 3½ cups) cherries into a steamtable pan (12" x 20" x 2½").
Sugar	5 oz	¾ cup	10 oz	1½ cups		4. Combine cherry juice with sugar and lemon juice. Heat juice mixture over medium heat for 2 minutes.
Lemon juice		2 Tbsp		¼ cup		

(over)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Cornstarch		3 Tbsp		¼ cup 2 Tbsp		5. Combine cornstarch and water. Stir until smooth. 6. Add cornstarch and water to juice mixture. Cook over medium heat, stirring constantly until thickened, 3 to 4 minutes. Remove from heat and stir well. 7. For 25 servings, pour 1 cup juice mixture over cherries in each half-steamtable pan. For 50 servings, pour 2 cups juice mixture over cherries in each steamtable pan. 8. For 25 servings, sprinkle approximately 1 lb 10 oz (1 qt 1 cup) topping evenly over cherries. For 50 servings, sprinkle approximately 3 lb 4 oz (2 qt 2 cups) topping evenly over cherries. 9. **To Bake:** Conventional Oven 425°F, 35 to 45 minutes Convection oven 350°F, 25 to 35 minutes Bake until topping is browned. Cool. Cut half-steamtable pan 5 x 5 (25 pieces per pan); cut steamtable pan 5 x 10 (50 pieces per pan).
Water		2 Tbsp		¼ cup		

SERVING: 1 piece provides 1/4 cup of fruit

YIELD: 25 servings: 1 half-steamtable pan
50 servings: 1 steamtable pan

Nutrients Per Serving

Calories	191	Saturated Fat	4.7 g	Iron	1.6 mg
Protein	2 g	Cholesterol	20 mg	Calcium	20 mg
Carbohydrate	29 g	Vitamin A	110 RE/700 IU	Sodium	106 mg
Total Fat	7.8 g	Vitamin C	2 mg	Dietary Fiber	1 g

Oatmeal-Raisin Cookies

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar	12 oz	1½ cups	1 lb 8 oz	3 cups		1. Beat the sugar and margarine or butter with a paddle attachment until smooth and creamy, about 5 minutes. 2. Add eggs slowly and mix on medium speed for 1 minute.
Margarine or butter	4 oz	½ cup	8 oz	1 cup		
Fresh large eggs		2 each		4 each		
OR						
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup		
Lowfat milk		¼ cup		½ cup		3. Slowly add applesauce and milk. Mix for 1 minute on medium speed. Scrape down the sides of the bowl.
Canned applesauce	4 oz	½ cup	8 oz	1 cup		
All-purpose flour	6 oz	1½ cups	12 oz	3 cups		4. Add the flour, baking soda, salt, cinnamon, and nutmeg. Mix on low speed until blended, about 2 minutes.
Baking soda		½ tsp		1 tsp		
Salt		½ tsp		1 tsp		
Ground cinnamon		1 tsp		2 tsp		
Ground nutmeg		½ tsp		1 tsp		
Rolled oats	10 oz	3 cups	1 lb 4 oz	1 qt 2 cups		5. Add oats and raisins and blend for 30 seconds on low speed. Scrape down the sides of the bowl. 6. Portion with level No. 30 scoop (2 Tbsp). Place cookies in rows of 5 down and 4 across on each greased (or paper-lined) sheet pan (18" x 26" x 1"). **To Bake:** Conventional Oven 350°F, 18 to 20 minutes Convection Oven 325°F, 10 to 12 minutes Bake until lightly browned.
Raisins	6½ oz	1 cup	13 oz	2 cups		

(over)

SERVING: 1 cookie

YIELD: 25 servings: 2 lb 9 oz
50 servings: 5 lb 2 oz

VOLUME: 25 servings: 1 qt 1 cup (dough)
50 servings: 2 qt 2 cups (dough)

Special Tip: For a bar cookie, spread 3 qt (5 lb 14 oz) of dough in a greased half-sheet pan (18" x 13" x 1") and bake for 20 to 25 minutes in a 325°F convection oven. Cut 5 x 10 for 50 servings.

Nutrients Per Serving*

Calories	186	Saturated Fat	1.1 g	Iron	1.0 mg
Protein	3 g	Cholesterol	19 mg	Calcium	18 mg
Carbohydrate	33 g	Vitamin A	56 RE/196 IU	Sodium	123 mg
Total Fat	5.0 g	Vitamin C	0 mg	Dietary Fiber	2 g

*With raisins

Vanilla Cream Frosting

Ingredients	2 Cups		1 Quart		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Butter or margarine		2 Tbsp 1½ tsp		¼ cup 1 Tbsp		1. Cream butter or margarine and shortening in mixer on medium speed for 2 minutes until light and fluffy.
Shortening		3 Tbsp		¼ cup 2 Tbsp		
Powdered sugar, unsifted	15 oz	3¾ cups	1 lb 14 oz	1 qt 3½ cups		2. Combine powdered sugar, salt, and dry milk. Add to creamed butter or margarine. Mix for 1 minute on low speed.
Salt		⅛ tsp		¼ tsp		
Instant nonfat dry milk		2 Tbsp		¼ cup		
Vanilla		1½ tsp		1 Tbsp		3. Add vanilla while mixing on low speed. Slowly add water to obtain a spreading consistency. Scrape down the sides of the bowl. Beat on medium speed for 5 minutes or until mixture is creamy and well blended. (For a thinner frosting, add additional water, 1 tsp at a time, mixing after each addition.) 4. Spread on cooled cakes.
Water, room temperature		3 Tbsp 1½ tsp		¼ cup 3 Tbsp		

(over)

SERVING: 1¼ Tbsp

YIELD:
2 cups: will cover 1 half-sheet pan (18" x 13" x 1")
1 quart: will cover 1 sheet pan (18" x 26" x 1")

Variations:

a. Chocolate Cream Frosting

2 cups: Follow Step 1. In Step 2, add 2 oz (⅔ cup) cocoa to dry ingredients. In Step 3, add ¼ cup 1½ tsp water. Continue with Step 4.

1 quart: Follow Step 1. In Step 2, add 4 oz (1⅓ cups) cocoa to dry ingredients. In Step 3, add ½ cup 1 Tbsp water. Continue with Step 4.

b. Peanut Butter Cream Frosting

2 cups: In Step 1, omit butter or margarine. Use 5 oz (½ cup 1 Tbsp) peanut butter. Continue with Step 2. In Step 3, add ¼ cup 1½ tsp water. Continue with Step 4.

1 quart: In Step 1, omit butter or margarine. Use 9½ oz (1 cup 2 Tbsp) peanut butter. Continue with Step 2. In Step 3, add ½ cup 1 Tbsp water. Continue with Step 4.

Nutrients Per Serving*

Calories	88	Saturated Fat	1.0 g	Iron	0 mg
Protein	0 g	Cholesterol	3 mg	Calcium	4 mg
Carbohydrate	17 g	Vitamin A	10 RE/41 IU	Sodium	24 mg
Total Fat	2.4 g	Vitamin C	0 mg	Dietary Fiber	0 g

*1¼ tablespoons of Vanilla Cream Frosting are used in the nutrient calculation.

Yellow Cake

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	15 oz	3¼ cups 2 Tbsp	1 lb 14 oz	1 qt 2¾ cups		1. Blend flour, sugar, dry milk, baking powder, and salt for 1 minute in mixer on low speed.
Sugar	15 oz	2 cups 2 Tbsp	1 lb 14 oz	1 qt ¼ cup		
Instant nonfat dry milk		½ cup		1 cup		
Baking powder		2 Tbsp		¼ cup		
Salt		¾ tsp		1½ tsp		
Fresh large eggs		4 each		8 each		2. Combine eggs, vanilla, and water. Add shortening and about half the liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Beat for 6 minutes on medium speed.
OR						
Frozen whole eggs, thawed	8 oz	1 cup	1 lb	2 cups		
Vanilla		1½ tsp		1 Tbsp		
Water		1½ cups		3 cups		
Shortening	6½ oz	1 cup	13 oz	2 cups		
						3. Add remaining liquid mixture. Blend for 30 seconds on low speed. Beat for 2 minutes on medium speed. 4. For 25 servings, pour 3 lb 9 oz (2 qt) batter into a lightly greased and floured half-sheet pan (18" x 13" x 1"). For 50 servings, pour 7 lb 2 oz (1 gal) into a lightly greased and floured sheet pan (18" x 26" x 1").

(over)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						5. **To Bake:** Conventional Oven 375°F, 30 minutes Convection Oven 325°F, 18 to 20 minutes Bake until lightly browned. 6. Cool. Add frosting, if desired. (See B-12.) 7. Cut each half-sheet pan 5 x 5 for 25 pieces. Cut each sheet pan 5 x 10 for 50 pieces.

SERVING: 1 piece

YIELD: 25 servings: 1 half-sheet pan
50 servings: 1 sheet pan

Variation:

a. Peach (or Pineapple) Upside-Down Cake

25 servings: Follow Steps 1 through 3. In Step 4, pour 3 oz (¼ cup 2 Tbsp) melted butter or margarine into 1 half-sheet pan (18" x 13" x 1"). Sprinkle evenly with 8 oz (1 cup 2 Tbsp) packed brown sugar. Spread 1 lb 5 oz (2¼ cups 2 Tbsp) drained sliced peaches (or drained crushed pineapple) over brown sugar in each pan. Pour 3 lb 9 oz (2 qt) cake batter into pan.

In Step 5, bake until lightly browned: conventional oven at 375°F, 40 to 45 minutes; convection oven at 325°F, 25 to 30 minutes. In Step 6, do not frost. Cool, cut each pan 5 x 5, and serve inverted on individual dishes. Or, allow to set for 10 minutes, then invert while still warm onto another half-sheet pan (18" x 13" x 1"). Cut each pan 5 x 5.

50 servings: Follow Steps 1 through 3. In Step 4, pour 6 oz (¾ cup) melted butter or margarine into 1 sheet pan (18" x 26" x 1"). Sprinkle evenly with 1 lb (2¼ cups) packed brown sugar. Spread 2 lb 10 oz (1 qt ¾ cup) drained sliced peaches (or drained crushed pineapple) over brown sugar in each pan. Pour 7 lb 2 oz (1 gal) cake batter into pan.

In Step 5, bake until lightly browned: conventional oven at 375°F, 40 to 45 minutes; convection oven at 325°F, 25 to 30 minutes. In Step 6, do not frost. Cool, cut each pan 5 x 10, and serve inverted on individual dishes. Or, allow to set for 10 minutes, then invert while still warm onto another sheet pan (18" x 26" x 1"). Cut each pan 5 x 10.

Nutrients Per Serving

Calories	212	Saturated Fat	2.1 g	Iron	1.0 mg
Protein	3 g	Cholesterol	35 mg	Calcium	75 mg
Carbohydrate	31 g	Vitamin A	16 RE/52 IU	Sodium	179 mg
Total Fat	8.4 g	Vitamin C	0 mg	Dietary Fiber	1 g

Rice Pudding

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Reconstituted instant nonfat dry milk		1 qt 2 cups		3 qt		1. Combine milk, cornstarch, sugar, salt, eggs, nutmeg (optional), and cinnamon. Stir until smooth. 2. Cook over medium heat, stirring frequently, for 20 to 30 minutes until mixture begins to thicken and starts to boil.
Cornstarch		½ cup	4½ oz	1 cup		
Sugar		5¼ oz	¾ cup	10½ oz	1½ cups	
Salt		½ tsp		1 tsp		
Fresh large eggs, beaten		4 each		8 each		
OR						
Frozen whole eggs, thawed	8 oz	1 cup	1 lb	2 cups		
Ground nutmeg (optional)		¼ tsp		½ tsp		
Ground cinnamon		¼ tsp		½ tsp		
Vanilla		1 Tbsp		2 Tbsp		3. Immediately turn off heat. Stir in vanilla, cooked rice, and raisins (optional). 4. Pour rice mixture into serving bowls or pans. Cover with plastic wrap to prevent the formation of surface film. Chill until ready to serve. 5. Portion with No. 12 scoop (⅓ cup). If desired, sprinkle with ground cinnamon.
*Cooked white rice	1 lb ½ oz	3 cups	2 lb 1 oz	1 qt 2 cups		
Raisins (optional)	5 oz	1 cup	10 oz	2 cups		

*See Marketing Guide.

(over)

SERVING: 1/3 cup (No. 12 scoop)

YIELD: 25 servings: 2 qt 1 cup (approximately)
50 servings: 1 gal 2 cups (approximately)

Nutrients Per Serving

Calories	92	Saturated Fat	.3 g	Iron	0.4 mg
Protein	4 g	Cholesterol	35 mg	Calcium	83 mg
Carbohydrate	17 g	Vitamin A	16 RE/53 IU	Sodium	163 mg
Total Fat	.9 g	Vitamin C	0 mg	Dietary Fiber	0 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
White rice	5 1/2 oz	11 oz	....

SERVING: 1 piece

YIELD: 25 servings: 4 lb 14 oz
50 servings: 9 lb 12 oz
VOLUME: 25 servings: 1 qt 3½ cups (batter)
50 servings: 3 qt 3 cups (batter)

Special Tip: Two or more flavors of gelatin can be used to provide a rainbow effect.

Nutrients Per Serving

Calories	242	Saturated Fat	3.8 g	Iron	1.0 mg
Protein	4 g	Cholesterol	5 mg	Calcium	110 mg
Carbohydrate	38 g	Vitamin A	24 RE/108 IU	Sodium	232 mg
Total Fat	8.2 g	Vitamin C	0 mg	Dietary Fiber	1 g

302

301A

Glazed Lemon Bars

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar	6 oz	¾ cup	12 oz	1½ cups		1. In a mixing bowl, use the paddle attachment on medium speed to cream sugar and margarine or butter for 5 minutes. Scrape the sides of the bowl and mix on medium speed for 1 minute.
Margarine or butter	5 oz	½ cup 2 Tbsp	10 oz	1¼ cups		
Fresh large eggs		2 each		4 each		2. Add eggs, applesauce, and vanilla and mix on low speed for 2 minutes.
OR						
Frozen whole eggs, thawed		¼ cup 2 Tbsp	6 oz	¾ cup		
Canned applesauce	5 oz	½ cup 2 Tbsp	10 oz	1¼ cups		
Vanilla		½ tsp		1 tsp		
All-purpose flour	8 oz	1½ cups	1 lb	3 cups		3. Add flour, baking powder, and salt and mix on low speed for 30 seconds. Scrape the sides of the bowl and mix on medium speed for 3 minutes, until blended. 4. Add coconut and raisins and mix on medium speed for 30 seconds, until combined. 5. Spread 3½ cups (1 lb 15 oz) of batter evenly in each lightly greased quarter-sheet pan (13" x 9" x 2").
Baking powder		1 tsp		2 tsp		
Salt		¼ tsp		½ tsp		
Dried coconut, shredded	½ cup 2 Tbsp	4 oz	1¼ cups			
Raisins		½ cup	6 oz	1 cup		

(over)

SERVING: 1 piece

YIELD:
25 servings: 2 lb
50 servings: 4 lb

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						6. **To Bake:** Conventional Oven 375°F, 18 to 20 minutes Convection Oven 350°F, 18 to 20 minutes Bake until lightly browned.
Glaze:						
Powdered sugar	4 oz	3/4 cup	8 oz	1 1/2 cups		7. In a small bowl, whisk sugar, lemon juice, and water until smooth. While lemon bars are still warm, spread 1/4 cup 3 Tbsp (4 oz) of glaze evenly over each pan. 8. Cut each pan into 25 pieces (5 x 5).
Lemon juice		1 Tbsp		2 Tbsp		
Water		1 1/2 tsp		1 Tbsp		

Special Tip: For a less tangy flavor, orange juice may be used in place of the lemon juice.

Nutrients Per Serving

Calories	147	Saturated Fat	1.7 g	Iron	.6 mg
Protein	2 g	Cholesterol	14 mg	Calcium	18 mg
Carbohydrate	23 g	Vitamin A	63 RE/211 IU	Sodium	107 mg
Total Fat	5.7 g	Vitamin C	0 mg	Dietary Fiber	1 g

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303A

Pumpkin Pudding

Vegetable

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Instant nonfat dry milk	4 oz	1⅓ cups	8 oz	2⅔ cups		1. In a mixing bowl, use the paddle attachment on low speed to combine dry milk and water for 30 seconds.
Water		1½ cups		3 cups		
Canned pumpkin	3 lb 4 oz	1 qt 1¾ cups	6 lb 8 oz	2 qt 3½ cups		2. Add pumpkin, eggs, sugar, salt, and cinnamon. Mix at low speed for 3 minutes, until combined. 3. Pour 2 qt 1 cup (5 lb 2 oz) of pudding into each lightly greased half-steamtable pan (10" x 12" x 2½"). 4. **To Bake:** Conventional Oven 350°F, 35 to 40 minutes Convection Oven 325°F, 30 to 35 minutes **Bake until a knife inserted in the center comes out clean.**
Fresh large eggs		3 each		6 each		
OR						
Frozen whole eggs, thawed	6 oz	¾ cup	12 oz	1½ cups		
Sugar	8 oz	1 cup	1 lb	2 cups		
Salt		¾ tsp		1½ tsp		
Ground cinnamon		1 Tbsp		2 Tbsp		

(over)

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SERVING: ¼ cup (No. 16 scoop) provides ¼ cup of vegetable

YIELD:
25 servings: 4 lb 11 oz
50 servings: 9 lb 6 oz

Nutrients Per Serving

Calories	82	Saturated Fat	.3 g	Iron	1.0 mg
Protein	3 g	Cholesterol	30 mg	Calcium	78 mg
Carbohydrate	16 g	Vitamin A	1346 RE/13157 IU	Sodium	107 mg
Total Fat	.9 g	Vitamin C	3 mg	Dietary Fiber	2 g

Brownies

Desserts B-15

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil		¼ cup 2 Tbsp		¾ cup		1. Cream oil, sugar, salt, vanilla, and applesauce for 5 minutes in mixing bowl on medium speed, using a paddle attachment. Scrape down the sides of the bowl.
Sugar	13 oz	1¾ cups 2 Tbsp	1 lb 10 oz	3¾ cups		
Salt		¾ tsp		1½ tsp		
Vanilla		¾ tsp		1½ tsp		
Canned applesauce	10 oz	1¼ cups	1 lb 4 oz	2½ cups		
Fresh large egg whites		5 each		10 each		2. Add egg whites and beat on medium speed for 1 minute. Scrape down the sides of the bowl.
OR						
Frozen egg whites, thawed	6 oz	¾ cup	12 oz	1½ cups		
All-purpose flour	7½ oz	1¾ cups	15 oz	3½ cups		3. Beat together flour, cocoa, and baking powder. 4. Add dry ingredients to egg mixture. Mix for 30 seconds on low speed, then for 1 minute on medium speed. Scrape down the sides of the bowl. Batter will be very thick. 5. For 25 servings, spread 2 lb 9 oz (1 qt ¾ cup) batter in a lightly greased quarter-sheet pan (9" x 13" x 1"). For 50 servings, spread 5 lb 3 oz (2 qt 1½ cups) batter in a lightly greased half-sheet pan (18" x 13" x 1").
Cocoa		¾ cup	6 oz	1½ cups 2 Tbsp		
Baking powder		1½ tsp		1 Tbsp		
Chopped walnuts (optional)		½ cup	4 oz	1 cup		6. Sprinkle nuts (optional) over batter.

(over)

306A

307

SERVING: 1 piece

YIELD: 25 servings: 2 lb 8 oz
50 servings: 5 lb

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						7. **To Bake:** Conventional Oven 350°F, 20 to 30 minutes Convection Oven 300°F, 18 to 25 minutes Bake until set, but still moist in the center. 8. For 25 servings, cut a quarter-sheet pan 5 x 5 (25 pieces per pan). For 50 servings, cut a half-sheet pan 5 x 10 (50 pieces per pan).

Special Tip: Brownies may be sprinkled with powdered sugar or iced with Brownie Icing (B-21).

Nutrients Per Serving

Calories	134	Saturated Fat	.8 g	Iron	.9 mg
Protein	2 g	Cholesterol	0 mg	Calcium	23 mg
Carbohydrate	25 g	Vitamin A	0 RE/4 IU	Sodium	112 mg
Total Fat	3.8 g	Vitamin C	0 mg	Dietary Fiber	1 g

Cherry Cobbler

Fruit

Desserts B-16

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	9 oz	2 cups	1 lb 2 oz 1 qt			1. **For pastry dough:** Combine flour and salt. Mix in shortening until size of small peas.
Salt		1/2 tsp		1 tsp		
Shortening	5 oz	3/4 cup	10 oz	1 1/2 cups		
Cold water		1/3 cup		2/3 cup		2. Add water and mix just until dry ingredients are moistened. Cover and set aside for Step 10.
Canned red cherries (tart, pitted with juice)	6 lb 7 oz	1 No. 10 can	12 lb 14 oz	2 No. 10 cans		3. **For filling**: Drain cherries, reserving juice. Set cherries aside for Step 8.
Water, as needed						4. For 25 servings, add enough water to cherry juice to make 1 qt liquid mixture. For 50 servings, add enough water to cherry juice to make 2 qt liquid mixture.
Cornstarch	5 oz	1 cup 2 Tbsp	10 oz	2 1/4 cups		5. Mix cornstarch with about one-fourth of the liquid mixture.
Sugar	1 lb 1 oz	2 1/2 cups	2 lb 2 oz	1 qt 1 cup		6. Bring remaining liquid mixture to boil. Add about half of the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after Steps 7 and 8.
Lemon juice		2 Tbsp		1/4 cup		

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(over)

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
						7. Remove from heat. Blend in remaining sugar and lemon juice. 8. Add cherries from Step 3 to thickened mixture. Stir lightly. Do not break up fruit. 9. Pour 3 qt 1 cup thickened cherry mixture into each steamtable pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Set aside. 10. **For each pan:** On a lightly floured surface, roll out 1 lb of pastry dough into rectangle (about 12" x 20"). 11. Cover cherries with pastry. Brush with pastry brush dipped in water. Cut slits in pastry. 12. **To Bake:** Conventional Oven 425°F, 1 hour Convection Oven 375°F, 40 minutes Bake until pastry is brown and filling is bubbly. 13. Cut each pan 5 x 5 (25 portions per pan).

SERVING: 1 portion provides ½ cup fruit

YIELD:
25 servings: 1 steamtable pan
50 servings: 2 steamtable pans

Nutrients Per Serving

Calories	226	Saturated Fat	1.5 g	Iron	2.1 mg
Protein	2 g	Cholesterol	0 mg	Calcium	15 mg
Carbohydrate	43 g	Vitamin A	83 RE/837 IU	Sodium	57 mg
Total Fat	5.9 g	Vitamin C	3 mg	Dietary Fiber	2 g

Apple Cobbler

Fruit

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	9 oz	2 cups	1 lb 2 oz	1 qt		1. **For pastry dough:** Combine flour and salt. Mix in shortening until size of small peas.
Salt		½ tsp		1 tsp		
Shortening		5 oz	¾ cup	10 oz	1½ cups	
Cold water		⅓ cup		⅔ cup		2. Add water and mix just until dry ingredients are moistened. Cover and set aside for Step 10.
Canned sliced apples, (unsweetened) with juice	6 lb 4 oz	1 No. 10 can	12 lb 8 oz	2 No. 10 cans		3. **For filling:** Drain apples, reserving juice. Set apples aside for Step 8.
Water, as needed						4. For 25 servings, add enough water to apple juice to make 1 qt liquid mixture. For 50 servings, add enough water to apple juice to make 2 qt liquid mixture. 5. Mix cornstarch with about one-fourth of the liquid mixture.
Cornstarch		¼ cup 3 Tbsp	4 oz	¾ cup 2 Tbsp		
Sugar	12 oz	1¾ cups	1 lb 8 oz	3½ cups		6. Bring remaining liquid mixture to boil. Add about half of the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after Steps 7 and 8.
Ground cinnamon		1½ tsp		1 Tbsp		
Ground nutmeg		1 tsp		2 tsp		

(over)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						7. Remove from heat. Blend remaining sugar, cinnamon, and nutmeg thoroughly into mixture. 8. Add apples to thickened mixture. Stir lightly. Do not break up fruit. 9. Pour 3 qt 3 cups thickened apple mixture into each steamtable pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 10. **For each pan:** On a lightly floured surface, roll out 1 lb of pastry dough into a rectangle (about 12" x 20"). 11. Cover apples with pastry. Brush with pastry brush dipped in water. Cut slits in pastry. 12. **To Bake:** Conventional Oven 425°F, 1 hour Convection Oven 375°F, 40 minutes Bake until pastry is brown and filling is bubbly. 13. Cut each pan 5 x 5 (25 portions per pan).

SERVING: 1 portion provides ½ cup of fruit

YIELD:
25 servings: 1 steamtable pan
50 servings: 2 steamtable pans

Nutrients Per Serving

Calories	209	Saturated Fat	1.5 g	Iron	.8 mg
Protein	1 g	Cholesterol	0 mg	Calcium	9 mg
Carbohydrate	39 g	Vitamin A	5 RE/48 IU	Sodium	50 mg
Total Fat	6.2 g	Vitamin C	0 mg	Dietary Fiber	3 g

Peach Cobbler

Fruit

Desserts B-18

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	9 oz	2 cups	1 lb 2 oz	1 qt		1. **For pastry dough**: Combine flour and salt. Mix in shortening until size of small peas.
Salt		½ tsp		1 tsp		
Shortening	5 oz	¾ cup	10 oz	1½ cups		
Cold water		⅓ cup		⅔ cup		2. Add water and mix just until dry ingredients are moistened. Cover and set aside for Step 10.
Canned sliced peaches, in syrup	7 lb 7½ oz	1 No. 10 can + 1½ cups	14 lb 15 oz	2 No. 10 cans + 3 cups		3. **For filling**: Drain peaches, reserving syrup. Set peaches aside for Step 8.
Water, as needed						4. For 25 servings, add enough water to peach syrup to make a total of 3¼ cups 2 Tbsp liquid. For 50 servings, add enough water to peach syrup to make 1 qt 2¾ cups liquid.
Cornstarch		⅔ cup	6 oz	1⅓ cups		5. Mix cornstarch with about one-fourth of the liquid mixture.
Sugar	8 oz	1 cup 2 Tbsp	1 lb	2¼ cups		6. Bring remaining liquid mixture to boil. Add about half of the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after Steps 7 and 8.

(over)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lemon juice		¾ tsp		1½ tsp		7. Remove from heat. Blend into this mixture the remaining sugar, lemon juice, and nutmeg. 8. Add peaches to thickened mixture. Stir lightly. Do not break up fruit. 9. Pour 3 qt 1 cup thickened peach mixture into each steamtable pan (12" x 20" x 2½"). Use 1 pan for 25 servings; 2 pans for 50 servings. 10. **For each pan:** On a lightly floured surface, roll out 1 lb of pastry dough into a rectangle (about 12" x 20"). 11. Cover peaches with pastry. Brush pastry with pastry brush dipped in water. Cut slits in pastry. 12. **To Bake:** Conventional Oven 425°F, 1 hour Convection Oven 375°F, 40 minutes Bake until pastry is brown and filling is bubbly. 13. Cut each pan 5 x 5 (25 portions).
Ground nutmeg		½ tsp		1 tsp		

SERVING: 1 portion provides ½ cup of fruit

YIELD:
25 servings: 1 steamtable pan
50 servings: 2 steamtable pans

Nutrients Per Serving

Calories	208	Saturated Fat	1.5 g	Iron	1.0 mg
Protein	2 g	Cholesterol	0 mg	Calcium	6 mg
Carbohydrate	40 g	Vitamin A	45 RE/455 IU	Sodium	55 mg
Total Fat	5.8 g	Vitamin C	3 mg	Dietary Fiber	2 g

Apple Crisp

Fruit

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	6¾ oz	1½ cups	13½ oz	3 cups		1. **For topping:** Combine flour, rolled oats or rolled wheat, brown sugar, cinnamon, nutmeg (optional), salt, and butter or margarine. Mix until crumbly. Set aside for Step 6.
Rolled oats	4½ oz	1¾ cups	9 oz	3½ cups		
OR						
Rolled wheat	4½ oz	1½ cups	9 oz	3 cups		
Brown sugar, packed	7½ oz	1 cup	15 oz	2 cups		
Ground cinnamon		2¼ tsp		1 Tbsp 1½ tsp		
Ground nutmeg (optional)		2¼ tsp		1 Tbsp 1½ tsp		
Salt		¼ tsp		½ tsp		
Butter or margarine	8 oz	1 cup	1 lb	2 cups		
Canned sliced apples, (unsweetened) with juice	3 lb 2 oz	1 qt 2 cups	6 lb 4 oz	1 No. 10 can		2. **For filling:** Drain apples, reserving juice. For 25 servings, add enough water to juice to make ¾ cup liquid. For 50 servings, add enough water to juice to make 1½ cups liquid. Set liquid aside for Step 5.
Water, as needed						
						3. For 25 servings, place 2 lb 14 oz (1 qt 3 cups) apples into a half-steamtable pan (12" x 10" x 2½"). For 50 servings, place 5 lb 12 oz (3 qt 2 cups) apples into a steamtable pan (12" x 20" x 2½").

(over)

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar	5 oz	³/₄ cup	10 oz	1¹/₂ cups		4. For 25 servings: over apples in the half-steamtable pan, sprinkle 5 oz (³/₄ cup) sugar, ³/₄ tsp cinnamon, and 2 Tbsp lemon juice. For 50 servings: over apples in the steamtable pan, sprinkle 10 oz (1¹/₂ cups) sugar, 1¹/₂ tsp cinnamon, and ¹/₄ cup lemon juice. Stir to combine. 5. For 25 servings, pour ³/₄ cup liquid over apples in the half-steamtable pan. For 50 servings, pour 1¹/₂ cups liquid over apples in the steamtable pan. 6. Sprinkle approximately 3 lb 5 oz (2¹/₂ qt) topping from Step 1 evenly over apples in each pan. 7. **To Bake:** Conventional Oven 425°F, 35 to 45 minutes Convection Oven 350°F, 25 to 35 minutes Bake until topping is browned and crisp. 8. Cool. Cut each pan 5 x 10 (50 pieces per pan).
Ground cinnamon		³/₄ tsp		1¹/₂ tsp		
Lemon juice		2 Tbsp		¹/₄ cup		

SERVING: 1 piece provides ¼ cup of fruit

YIELD:
25 servings: 1 half-steamtable pan
50 servings: 1 steamtable pan

Nutrients Per Serving

Calories	198	Saturated Fat	4.7 g	Iron	1.0 mg
Protein	2 g	Cholesterol	20 mg	Calcium	20 mg
Carbohydrate	31 g	Vitamin A	71 RE/307 IU	Sodium	103 mg
Total Fat	8.0 g	Vitamin C	1 mg	Dietary Fiber	2 g

Applesauce Cake

Desserts B-20

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	15 oz	3¼ cups 2 Tbsp	1 lb 14 oz	1 qt 2¾ cups		1. Blend flour, sugar, dry milk, baking powder, salt, cloves, and cinnamon for 1 minute in mixer on low speed.
Sugar	14 oz	2 cups	1 lb 12 oz 1 qt			
Instant nonfat dry milk		½ cup		1 cup		
Baking powder		2 Tbsp		¼ cup		
Salt		¾ tsp		1½ tsp		
Ground cloves		¾ tsp		1½ tsp		
Ground cinnamon		1½ tsp		1 Tbsp		
Fresh large eggs		4 each		8 each		2. Combine eggs, vanilla, and water. Add shortening and liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Beat for 6 minutes on medium speed.
OR						
Frozen whole eggs, thawed	8 oz	1 cup	1 lb	2 cups		
Vanilla		1½ tsp		1 Tbsp		
Water		2 Tbsp		¼ cup		
Shortening	6½ oz	1 cup	13 oz	2 cups		
Applesauce	13½ oz	1½ cups	1 lb 11 oz	3 cups		3. Add applesauce. Blend for 30 seconds on low speed. Beat for 3 minutes on medium speed. Add raisins (optional) and nuts (optional). Blend for 1 minute on low speed.
+Raisins, plumped (optional)	8 oz	1¼ cups	1 lb	2½ cups		
Chopped walnuts (optional)	4 oz	¾ cup 3 Tbsp	8 oz	1¾ cups 2 Tbsp		

+To plump raisins, cover them with very hot tap water.
Soak 2 to 5 minutes. DO NOT OVERSOAK. Drain well before using.

(over)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						4. For 25 servings, pour 3 lb 10 oz (1 qt 3½ cups) batter into a lightly greased and flour-dusted half-sheet pan (18" x 13" x 1"). For 50 servings, pour 7 lb 3 oz (3 qt 3 cups) batter into a lightly greased and flour-dusted sheet pan (18" x 26" x 1"). 5. **To Bake:** Conventional Oven 375°F, 35 minutes Convection Oven 325°F, 25 minutes Bake until lightly browned. 6. Cool. If desired, dust lightly with powdered sugar. 7. Cut half-sheet pan 5 x 5 for 25 servings. Cut sheet pan 5 x 10 for 50 servings.

SERVING: 1 piece

YIELD: 25 servings: 1 half-sheet pan
50 servings: 1 sheet pan

Nutrients Per Serving*

Calories	219	Saturated Fat	2.1 g	Iron	1.1 mg
Protein	3 g	Cholesterol	35 mg	Calcium	77 mg
Carbohydrate	33 g	Vitamin A	16 RE/54 IU	Sodium	179 mg
Total Fat	8.4 g	Vitamin C	0 mg	Dietary Fiber	1 g

*Nutrient analysis does not include raisins or walnuts.

Brownie Icing

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Powdered sugar	8 oz	1¾ cups	1 lb	3½ cups		1. Beat all ingredients on low speed for 5 minutes or until smooth. 2. Recipe for 50 servings ices a half-sheet pan (18" x 13" x 1").
Cocoa		¼ cup 2 Tbsp	3 oz	¾ cup		
Margarine or butter		3 Tbsp	3 oz	¼ cup 2 Tbsp		
Lowfat milk		¼ cup		½ cup		
Vanilla		1 Tbsp		2 Tbsp		

(over)

SERVING: 1 Tbsp

YIELD: 25 servings: 13 oz
50 servings: 1 lb 11½ oz

VOLUME: 25 servings: 1½ cups
50 servings: 3 cups

Nutrients Per Serving

Calories	54	Saturated Fat	.4 g	Iron	.2 mg
Protein	0 g	Cholesterol	0 mg	Calcium	6 mg
Carbohydrate	10 g	Vitamin A	18 RE/62 IU	Sodium	18 mg
Total Fat	1.6 g	Vitamin C	0 mg	Dietary Fiber	1 g

Top Pastry Crust

Ingredients	For 1 Steamtable Pan*		For 2 Steamtable Pans		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	9 oz	2 cups	1 lb 2 oz	1 qt		1. Combine flour and salt. Mix in shortening until size of small peas.
Salt		1/2 tsp		1 tsp		
Shortening	5 oz	3/4 cup	10 oz	1 1/2 cups		
Cold water		1/3 cup		2/3 cup		2. Add water and mix just until dry ingredients are moistened. 3. **For each pan:** On a lightly floured surface, roll out 1 lb pastry dough into a rectangle (about 12" x 20"). 4. Place pastry crust over desired filling, such as for fruit pie or cobbler. Bake as directed in filling recipe.

*Steamtable pans measure 12" x 20" x 2 1/2" each.

(over)

Nutrients Per Serving*

Calories	87	Saturated Fat	1.4 g	Iron	.5 mg
Protein	1 g	Cholesterol	0 mg	Calcium	2 mg
Carbohydrate	8 g	Vitamin A	0 RE/0 IU	Sodium	46 mg
Total Fat	5.7 g	Vitamin C	0 mg	Dietary Fiber	0 g

*25 portions per steamtable pan are used in the nutrient calculation.

Bottom Pastry Crust

Desserts B-23

Ingredients	For Half-Sheet Pan*		For Sheet Pan**		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour Salt Shortening	14 oz 8 oz	3 cups 2 Tbsp ¾ tsp 1 cup 2 Tbsp	1 lb 12 oz 15 oz	1 qt 2¼ cups 1½ tsp 2¼ cups		1. Combine flour and salt. Mix in shortening until size of small peas.
Cold water		½ cup 2 Tbsp		1¼ cups		2. Add water and mix just until dry ingredients are moistened. 3. **For each half-sheet pan:** On a lightly floured surface, roll out 1 lb 10 oz pastry dough into a rectangle (about 20" x 15"). **For each sheet pan:** On a lightly floured surface, roll out 3 lb 5 oz pastry dough into a rectangle (20" x 28"). **For 9" pie pans:** Recipe for 1 sheet pan will yield 7 to 8 single 9" pie crusts. Recipe for 2 sheet pans will yield 14 to 16 single 9" pie crusts. 4. Add desired filling, such as fruit or custard. Bake as directed in recipe for filling. **For pre-baked crust:** Prick crust well. Bake for 15 minutes at 400°F or until light brown. Cool. Add desired filling, such as chiffon or cooked filling.

* Half-sheet pan measures 18" x 13" x 1".
**Sheet pan measures 18" x 26" x 1".

(over)

Nutrients Per Serving*

Calories	131	Saturated Fat	2.1 g	Iron	.7 mg
Protein	2 g	Cholesterol	0 mg	Calcium	2 mg
Carbohydrate	12 g	Vitamin A	0 RE/0 IU	Sodium	69 mg
Total Fat	8.5 g	Vitamin C	0 mg	Dietary Fiber	0 g

*50 portions per sheet pan are used in the nutrient calculation.

C. Dips, Sauces, and Toppings

Food Safety Tips

1. *Always* wash hands *before* beginning any food preparation.
2. Maintain all refrigerated products at 40°F.
3. Check refrigeration temperature of 40°F with a refrigerator thermometer.
4. All hot foods should be heated to recommended temperatures.
5. All hot foods should be held at a temperature of 140°F.

Recipes	**Recipe Number**
Salsa	C-3
Sauces	
Barbecue Sauce	C-6
Cheese Sauce (variation)	C-7a
Fruity Dipping Sauce	C-2
Teriyaki Sauce	C-5
White Sauce	C-7
Toppings	
Maple Applesauce Topping	C-1
Spiced Apple Topping	C-4

Maple Applesauce Topping

Fruit

Dips, Sauces, and Toppings C-1

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned applesauce	3 lb 9 oz	1 qt 2½ cups	7 lb 2 oz	3 qt 1 cup		1. In a bowl, whisk applesauce and syrup until blended. 2. Use as a topping for pancakes, waffles, French toast, or ice cream.
Maple-flavored pancake syrup	6 oz	½ cup	12 oz	1 cup		

(over)

SERVING: 1/4 cup provides 1/4 cup of fruit

YIELD:
25 servings: 3 lb 15 oz
50 servings: 7 lb 14 oz

VOLUME:
25 servings: 1 qt 3 cups
50 servings: 3 qt 2 cups

Special Tip: The strength of the maple flavoring can be increased by adding more syrup.

Nutrients Per Serving

Calories	47	Saturated Fat	0 g	Iron	.1 mg
Protein	0 g	Cholesterol	0 mg	Calcium	2 mg
Carbohydrate	12 g	Vitamin A	2 RE/19 IU	Sodium	7 mg
Total Fat	0 g	Vitamin C	1 mg	Dietary Fiber	1 g

Fruity Dipping Sauce

Fruit

Dips, Sauces, and Toppings C-2

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned peaches, in syrup, drained	1 lb 11 oz	3½ cups	3 lb 6 oz	1 qt 3 cups		1. Drain peaches, reserving syrup. Puree drained peaches in blender, or mash, or finely dice. Set aside.
Soy sauce		1 tsp		2 tsp		2. Combine soy sauce, vinegar, and reserved peach syrup. Dissolve cornstarch in this mixture.
Vinegar		1 tsp		2 tsp		
Reserved peach juice		1 cup		2 cups		
Cornstarch		2 Tbsp		¼ cup		
Additional reserved peach juice		¾ cup		1½ cups		3. Over medium heat, boil the additional peach syrup. Add cornstarch mixture. Add brown sugar and ginger (optional). Simmer for 3 to 5 minutes to thicken. 4. Add cornstarch mixture to pureed peaches. Cover and chill for at least 2 hours. Keep refrigerated until ready to serve.
Brown sugar, packed	4 oz	½ cup	8 oz	1 cup		
Ginger (optional)		⅛ tsp		¼ tsp		

(over)

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SERVING: 2 Tbsp provides 1/8 cup of fruit

YIELD:
25 servings: 2 lb 8 oz
50 servings: 5 lb

VOLUME:
25 servings: 1 qt 1 cup
50 servings: 2 qt 2 cups

Special Tip: This may be used as a dipping sauce for fish or chicken nuggets.

Nutrients Per Serving

Calories	42	Saturated Fat	0 g	Iron	.2 mg
Protein	0 g	Cholesterol	0 mg	Calcium	7 mg
Carbohydrate	11 g	Vitamin A	20 RE/198 IU	Sodium	18 mg
Total Fat	0 g	Vitamin C	2 mg	Dietary Fiber	1 g

Salsa

Vegetable

Dips, Sauces, and Toppings C-3

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned diced tomatoes	1 lb 4 oz	2½ cups	2 lb 8 oz	1 qt 1 cup		1. Place tomatoes, onions, tomato paste, water, garlic powder, oregano, cumin, salt, and sugar in a blender or food processor. Puree until smooth.
*Onions, minced		¼ cup		½ cup		
OR						
Dehydrated onion flakes		1 tsp		2 tsp		
Tomato paste	5 oz	½ cup	10 oz	1 cup		
Water		2 cups		1 qt		
Garlic powder		½ tsp		1 tsp		
Dry oregano leaves		1 tsp		2 tsp		
Ground cumin		½ tsp		1 tsp		
Salt		1 tsp		2 tsp		
Sugar		2 Tbsp		¼ cup		
Canned diced tomatoes	1 lb	2 cups	2 lb	1 qt		2. In a bowl, mix pureed tomato mixture and diced tomatoes until blended.

*See Marketing Guide.

(over)

SERVING: 2 Tbsp (1-oz ladle) provides 1/8 cup of vegetable

YIELD:
25 servings: 3 lb 7 oz
50 servings: 6 lb 14 oz

VOLUME:
25 servings: 1 qt 2 cups
50 servings: 3 qt

Special Tips:

1. If the food processor does not hold the entire amount of water, put half of the water in the food processor with the puree and the other half in the bowl.
2. Serve with broken tortilla pieces for dipping.
3. Fresh, diced tomatoes may be used in place of the canned, diced tomatoes.

Nutrients Per Serving

Calories	18	Saturated Fat	0 g	Iron	.5 mg
Protein	1 g	Cholesterol	0 mg	Calcium	14 mg
Carbohydrate	4 g	Vitamin A	39 RE/389 IU	Sodium	164 mg
Total Fat	.2 g	Vitamin C	9 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	2 oz	4 oz	....

Spiced Apple Topping

Fruit

Dips, Sauces, and Toppings C-4

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter		2 Tbsp		¼ cup		1. Melt margarine or butter and honey in stock pot or steam-jacketed kettle.
Honey	12 oz	1½ cups	1 lb 8 oz	3 cups		
Apple juice		2¾ cups		1 qt 1½ cups		2. Dissolve cornstarch in apple juice. Add cinnamon and nutmeg. 3. Add apple juice mixture to honey and margarine or butter. Stir constantly until this mixture comes to a boil and is thickened and smooth.
Cornstarch		¼ cup		½ cup		
Ground cinnamon		1½ tsp		1 Tbsp		
Ground nutmeg		¾ tsp		1½ tsp		
Vanilla		1 tsp		2 tsp		4. Add drained apples and vanilla to mixture and simmer for 10 minutes to develop flavor. 5. Serve over waffles, pancakes, or ice cream.
Canned, sliced apples, (unsweetened)	2 lb 1 oz	1 qt	4 lb 2 oz	2 qt		

(over)

SERVING: ¼ cup (No. 16 scoop) provides ¼ cup of fruit

YIELD:
25 servings: 4 lb 3 oz
50 servings: 8 lb 6 oz

VOLUME:
25 servings: 2 qt
50 servings: 1 gal

Special Tip: For each 25 servings, add ½ cup of raisins with the apples for a flavorful topping for pancakes.

Nutrients Per Serving

Calories	88	Saturated Fat	.2 g	Iron	.3 mg
Protein	0 g	Cholesterol	0 mg	Calcium	7 mg
Carbohydrate	21 g	Vitamin A	13 RE/54 IU	Sodium	13 mg
Total Fat	1.1 g	Vitamin C	0 mg	Dietary Fiber	1 g

Teriyaki Sauce

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Brown sugar		¼ cup	4 oz	½ cup		1. Mix all dry ingredients in a bowl.
Garlic powder		1¼ tsp		2½ tsp		
Onion salt		1 tsp		2 tsp		
Ground ginger		¾ tsp		1½ tsp		
Worcestershire sauce		1 Tbsp		2 Tbsp		2. Add Worcestershire sauce, catsup, cider vinegar, and soy sauce to the dry ingredients. Mix with wire whip until well blended. 3. Cover and place in refrigerator overnight to develop flavors. 4. Use to baste chicken or meat during cooking, or as a dipping sauce for chicken and fish nuggets.
Catsup	1 lb 4 oz	2 cups	2 lb 8 oz	1 qt		
Cider vinegar		¼ cup		½ cup		
Low-sodium soy sauce		½ cup		1 cup		

(over)

SERVING: 2 Tbsp (1 oz ladle)

YIELD: 25 servings: 1 lb 14 oz
50 servings: 3 lb 12 oz
VOLUME: 25 servings: 3¼ cups
50 servings: 1 qt 2½ cups

Nutrients Per Serving

Calories	37	Saturated Fat	0 g	Iron	.4 mg
Protein	1 g	Cholesterol	0 mg	Calcium	9 mg
Carbohydrate	9 g	Vitamin A	22 RE/223 IU	Sodium	497 mg
Total Fat	.1 g	Vitamin C	3 mg	Dietary Fiber	0 g

Barbecue Sauce

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Dried onions		1 Tbsp		2 Tbsp		1. Reconstitute onions in an equal amount of hot water. Do not drain. 2. Melt margarine or butter in stock pot or steam-jacketed kettle and add onions. Saute onions until lightly browned, about 5 minutes.
Hot water		1 Tbsp		2 Tbsp		
Margarine or butter		¼ cup 2 Tbsp	6 oz	¾ cup		
Honey	1 lb	2 cups	2 lb	1 qt		3. Add remaining ingredients and allow to simmer, uncovered, for 20 to 30 minutes. 4. Use to baste chicken or meat during cooking, or as a dipping sauce for chicken and fish nuggets.
White pepper		1½ tsp		1 Tbsp		
Paprika		1 Tbsp		2 Tbsp		
Prepared yellow mustard		1½ tsp		1 Tbsp		
Worcestershire sauce		1 Tbsp		2 Tbsp		
Catsup		1½ cups		3 cups		
Granulated garlic		½ tsp		1 tsp		
White vinegar		¼ cup		½ cup		
Tomato paste	4 oz	½ cup	8 oz	1 cup		

(over)

SERVING: 2 Tbsp (1-oz ladle)

YIELD: 25 servings: 2 lb 3 oz
50 servings: 4 lb 6 oz
VOLUME: 25 servings: 3 cups 2 Tbsp
50 servings: 1 qt 2¼ cups

Nutrients Per Serving

Calories	104	Saturated Fat	.6 g	Iron	.5 mg
Protein	1 g	Cholesterol	0 mg	Calcium	10 mg
Carbohydrate	21 g	Vitamin A	96 RE/735 IU	Sodium	241 mg
Total Fat	2.9 g	Vitamin C	5 mg	Dietary Fiber	1 g

White Sauce

Ingredients	1 Quart		2 Quarts		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
THIN WHITE SAUCE:						1. Melt butter or margarine. Add flour and salt. Stir until smooth. 2. Add milk gradually, stirring constantly. 3. Cook, stirring frequently, until smooth and thick, 12 to 15 minutes.
Butter or margarine		2 Tbsp		1/4 cup		
All-purpose flour		1/4 cup		1/2 cup		
Salt		1/2 tsp		1 tsp		
Reconstituted instant nonfat dry milk		1 qt		2 qt		
MEDIUM WHITE SAUCE:						SUGGESTED USES: THIN WHITE SAUCE: Cream soup, gravy, creamed and scalloped vegetables, eggs, fish.
Butter or margarine		1/4 cup	4 oz	1/2 cup		
All-purpose flour		1/2 cup	4 1/2 oz	1 cup		
Salt		1/2 tsp		1 tsp		
Reconstituted instant nonfat dry milk		1 qt		2 qt		
THICK WHITE SAUCE:						MEDIUM WHITE SAUCE: Gravy, creamed and scalloped vegetables, eggs, fish, meat. THICK WHITE SAUCE: Binder for souffles, croquettes.
Butter or margarine		1/4 cup 2 Tbsp	6 oz	3/4 cup		
All-purpose flour		3/4 cup	6 3/4 oz	1 1/2 cups		
Salt		1/2 tsp		1 tsp		
Reconstituted instant nonfat dry milk		1 qt		2 qt		

(over)

Variation:

a. Cheese Sauce

1¼ quarts: Follow Steps 1 and 2. In Step 3, add 12 oz (3¼ cups) shredded processed American cheese to thickened medium sauce.

2½ quarts: Follow Steps 1 and 2. In Step 3, add 1 lb 8 oz (1 qt 2½ cups) shredded processed American cheese to thickened medium sauce.

Nutrients Per Serving*

Calories	31	Saturated Fat	.9 g	Iron	.1 mg
Protein	1 g	Cholesterol	4 mg	Calcium	40 mg
Carbohydrate	3 g	Vitamin A	14 RE/55 IU	Sodium	68 mg
Total Fat	1.5 g	Vitamin C	0 mg	Dietary Fiber	0 g

*2 tablespoons of White Sauce are used in the nutrient calculation.

D. Main Dishes

Food Safety Tips

1. *Always* wash hands *before* beginning any food preparation.

2. *Always* wash hands *after* handling any raw animal products, such as meat, fish, poultry, and eggs. This is to prevent cross-contamination.

3. Heat or cook all hot foods to recommended temperatures.

4. Maintain the temperature of cold foods at 40°F.

5. Use refrigerator thermometers to ensure safety of all chilled foods.

6. Use oven thermometers to ensure accuracy of baking time and quality of end-product.

Recipes	Recipe Number
Beef	
Beef and Rice Casserole	D-7
Beef and Spaghetti Casserole	D-3
Beef Patties (variation)	D-4d
Beef Stir-Fry (variation)	D18a
Beef-Vegetable Stew	D-16
Ground Beef and Spanish Rice	D-22
Meat Balls	D-28a
Burritos	
Bean Burrito (variation)	D-21a
Beef or Pork Burrito	D-21
Turkey or Chicken Burrito	D-30
Cheese	
Macaroni and Cheese	D-20
Macaroni and Cheese with Ham (variation)	D-20a
Chicken	
Chicken and Noodles	D-17
Chicken Nuggets (variation)	D-9b
Chicken Pie with Biscuits	D-11
Chicken Stir-Fry	D-18
Mexican Chicken (variation)	D-6a
Oven-Baked Chicken	D-29
Oven-Baked Parmesan Chicken	D-5
Sweet-and-Sour Chicken	D-6
Teriyaki Chicken	D-12

Recipes	Recipe Number
Chili	
Chili Con Carne	D-25
Vegetable Chili	D-26
Eggs	
Baked Scrambled Eggs	D-15
Broccoli Quiche	D-8
Deviled Eggs	D-2
Spanish Quiche (variation)	D-8a
Vegetable Frittata	D-1
Fish	
Fish Nuggets (variation)	D-9a
Oven-Baked Fish	D-9
Tuna Patties	D-10
Lasagna	
Meat Lasagna	D-19
Vegetable Lasagna	D-27
Meat Loaf	
Meat Loaf	D-28
Beef-Turkey Loaf	D-4
Glazed Meat Loaf	D-4a
Mexican Meat Loaf	D-4b
Tiny Meat Loaves	D-4c

Recipes continued on back

Recipes	Recipe Number
Pasta Toss with Vegetables	D-14
Pizza	
Mexican Pizza	D-13
Pizza with Cheese Topping (variation)	D-23a
Pizza with Ground Beef Topping	D-23
Pork	
Pork Stir-Fry	D-18b
Tacos	
Bean Taco (variation)	D-24a
Beef or Pork Taco	D-24

Vegetable Frittata

Meat Alternate • Vegetable

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh large eggs		15 each		30 each		1. In a mixing bowl, use the paddle attachment on low speed to blend the eggs, egg whites, milk, salt, pepper, potatoes, vegetables, and cheese. Blend for 2 minutes.
OR						
Frozen whole eggs, thawed	1 lb 13 oz	3½ cups 2 Tbsp	3 lb 10 oz	1 qt 3¼ cups		
Fresh large egg whites		13 each		26 each		
OR						
Frozen egg whites, thawed	1 lb	2 cups	2 lb	1 qt		
Lowfat milk		2 cups		1 qt		
Salt		1 tsp		2 tsp		
White pepper		½ tsp		1 tsp		
*Fresh potatoes, peeled, grated	1 lb	2½ cups	2 lb	1 qt 1 cup		
Frozen mixed vegetables, thawed	2 lb	1 qt ½ cup	4 lb	2 qt 1 cup		
Lowfat cheddar cheese, shredded	4 oz	1 cup	8 oz	2 cups		
Vegetable oil		1 Tbsp		2 Tbsp		

*See Marketing Guide.

(over)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lowfat cheddar cheese, shredded	4 oz	1 cup	8 oz	2 cups		2. Pour 3 qt 1 cup (7 lb) of egg mixture into each lightly oiled steamtable pan (12" x 20" x 2½"). For 25 servings, use 1 steamtable pan. For 50 servings, use 2 steamtable pans. 3. **To Bake or Steam:** Conventional Oven 375°F, 35 minutes Convection Oven 350°F, 25 minutes Compartment Steamer 20 minutes **Bake or steam until eggs are thoroughly cooked. (A knife inserted in the center will come out clean when eggs are cooked.)** 4. Sprinkle 1 cup (4 oz) of cheese over each pan. Bake or steam until cheese is melted, about 5 minutes. 5. Cut each pan in 25 pieces (5 x 5).

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SERVING: 1 piece provides the equivalent of 1½ oz of cooked lean meat and ¼ cup of vegetable

YIELD:
25 servings: 6 lb 2 oz
50 servings: 12 lb 4 oz

Nutrients Per Serving

Calories	124	Saturated Fat	1.7 g	Iron	1.0 mg
Protein	10 g	Cholesterol	142 mg	Calcium	89 mg
Carbohydrate	10 g	Vitamin A	255 RE/2021 IU	Sodium	248 mg
Total Fat	4.9 g	Vitamin C	6 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Potatoes	1 lb 4 oz	2 lb 8 oz	....

Deviled Eggs

Meat Alternate

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Whole large eggs		25 each		50 each		1. Place eggs in a large pot and cover with cold water. Bring to a boil and simmer for 10 minutes. Drain and rinse in cold water. Refrigerate.
Lowfat mayonnaise Vinegar Dry mustard Prepared mustard Sugar Salt	7 oz	¾ cup 2 Tbsp 1 tsp 1 tsp 1½ tsp 2 Tbsp 1 tsp	14 oz	1¾ cups 2 tsp 2 tsp 1 Tbsp ¼ cup 2 tsp		2. Combine mayonnaise, vinegar, dry mustard, prepared mustard, sugar, and salt in a bowl. Allow to set for 5 minutes. 3. Peel eggs and cut in half. Remove yolks and place in a second bowl. 4. Mash egg yolks. Combine with mayonnaise mixture. 5. Place 1 Tbsp (½ oz) of yolk mixture in each egg white half. 6. Cover and chill until ready to serve.

(over)

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SERVING: 2 halves provide 1 egg or the equivalent of 2 oz of cooked lean meat

YIELD:
25 servings: 3 lb 2 oz
50 servings: 6 lb 4 oz

Nutrients Per Serving

Calories	121	Saturated Fat	2.2 g	Iron	.6 mg
Protein	6 g	Cholesterol	212 mg	Calcium	26 mg
Carbohydrate	3 g	Vitamin A	84 RE/280 IU	Sodium	187 mg
Total Fat	9.1 g	Vitamin C	0 mg	Dietary Fiber	0 g

Beef and Spaghetti Casserole

Meat • Vegetable • Grains/Breads

Main Dishes D-3

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Ground beef (no more than 24% fat)	3 lb 4 oz		6 lb 8 oz			1. In a heavy pot, brown beef and onions until no signs of pink remain. Drain excess grease and discard. Return beef and onions to pot.
*Onions, minced	6 oz	¾ cup	12 oz	1½ cups		
OR						
Dehydrated onion flakes		3 Tbsp		¼ cup 2 Tbsp		
Tomato paste	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt		2. Add tomato paste, water, sugar, basil, oregano, salt, garlic powder, and pepper to meat mixture. Bring to a boil over medium heat. Reduce heat, cover, and simmer for 20 minutes, stirring occasionally.
Water		1 qt ½ cup		2 qt 1 cup		
Sugar		1 Tbsp 1 tsp		2 Tbsp 2 tsp		
Dry basil leaves		¾ tsp		1½ tsp		
Dry oregano leaves		¾ tsp		1½ tsp		
Salt		¾ tsp		1½ tsp		
Garlic powder		2 tsp		1 Tbsp 1 tsp		
Black pepper		¾ tsp		1½ tsp		
Spaghetti, broken in quarters, or elbow macaroni	13 oz	2½ cups	1 lb 10 oz	1 qt 1 cup		3. Cook spaghetti or macaroni in boiling water for 8 to 10 minutes until tender. Drain and stir into meat sauce.

*See Marketing Guide.

(over)

SERVING: ½ cup (No. 8 scoop) provides 1½ oz of meat, ¼ cup of vegetable, and the equivalent of ½ slice of bread

YIELD:
25 servings: 7 lb 2 oz
50 servings: 14 lb 4 oz

VOLUME:
25 servings: 3 qt 1 cup
50 servings: 1 gal 2 qt 2 cups

Nutrients Per Serving

Calories	194	Saturated Fat	3.1 g	Iron	2.1 mg
Protein	15 g	Cholesterol	42 mg	Calcium	18 mg
Carbohydrate	15 g	Vitamin A	51 RE/510 IU	Sodium	109 mg
Total Fat	8.0 g	Vitamin C	12 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	7 oz	14 oz	....

Beef-Turkey Loaf

Meat • Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Ground beef (no more than 24% fat)	1 lb 4 oz		2 lb 8 oz			1. In a mixing bowl, use the paddle attachment on low speed to combine all ingredients. Mix on low speed for 5 minutes, until blended. 2. For 25 servings, shape 5 lb 4 oz of meat mixture into a meat loaf. Place on a paper-lined half-sheet pan (18" x 13" x 1"). 3. **To Bake:** Conventional Oven 350°F, 50 minutes Convection Oven 325°F, 60 minutes 4. Slice meat loaf into 25 portions, 3 oz each.
Ground turkey	1 lb 4 oz		2 lb 8 oz			
*Onions, minced		¼ cup	4 oz	½ cup		
OR						
Dehydrated onion flakes		2 tsp		1 Tbsp 1 tsp		
*Fresh celery, 1/4" dice	8 oz	1⅔ cups	1 lb	3⅓ cups		
Rolled oats	6 oz	2 cups	12 oz	1 qt		
Dry bread crumbs	5 oz	1 cup	10 oz	2 cups		
Frozen whole eggs, thawed	10 oz	1¼ cups	1 lb 4 oz	2½ cups		
OR						
Fresh large eggs		5 each		10 each		
Tomato sauce	12 oz	1¼ cups	1 lb 8 oz	2½ cups		
Tomato paste		2 Tbsp		¼ cup		
Worcestershire sauce		1 Tbsp 1 tsp		2 Tbsp 2 tsp		
Salt		2 tsp		1 Tbsp 1 tsp		
Black pepper		1 tsp		2 tsp		

*See Marketing Guide.

(over)

SERVING: 1 slice provides the equivalent of 1½ oz of cooked lean meat, ⅛ cup of vegetable, and the equivalent of ½ slice of bread

YIELD:
25 servings: 4 lb 12 oz
50 servings: 9 lb 8 oz

Variations:

a. Glazed Meat Loaf

25 servings: Prepare meat loaf as directed in Steps 1 and 2. In a saucepan over low heat, dissolve ½ cup (4 oz) brown sugar and 1½ tsp dry mustard in 1⅓ cups (12 oz) catsup until smooth. In Step 3, baste one 5 lb 4 oz meat loaf evenly with 1 cup of glaze. Bake meat loaf for half of the directed baking time. Remove from oven and baste with ½ cup of glaze. Bake for remainder of directed time. Follow Step 4 as directed.

50 servings: Prepare meat loaf as directed in Steps 1 and 2. In a saucepan over low heat, dissolve 1 cup (8 oz) brown sugar and 1 Tbsp dry mustard in 2⅔ cups (1 lb 8 oz) catsup until smooth. In Step 3, baste each 5 lb 4 oz meat loaf evenly with 1 cup of glaze. Bake meat loaves for half of the directed baking time. Remove from oven and baste each meat loaf with ½ cup of glaze. Bake for remainder of directed time. Follow Step 4 as directed.

b. Mexican Meat Loaf

25 servings: Prepare meat loaf as directed in Steps 1 and 2. Prepare Salsa (C-3) for 25 portions. In Step 3, baste one 5 lb 4 oz meat loaf evenly with ⅔ cup of salsa. Bake meat loaf for 15 minutes as directed. Remove from oven and baste with ⅔ cup of salsa. Bake meat loaf for 15 more minutes as directed. Remove from oven and baste with ⅔ cup of salsa. Bake as directed until final baking time is reached. Follow Step 4 as directed.

50 servings: Prepare meat loaf as directed in Steps 1 and 2. Prepare Salsa (C-3) for 50 portions. In Step 3, baste each 5 lb 4 oz meat loaf evenly with ⅔ cup of salsa. Bake meat loaves for 15 minutes as directed. Remove from oven and baste each with ⅔ cup of salsa. Bake meat loaves for 15 more minutes as directed. Remove from oven and baste each with ⅔ cup of salsa. Bake as directed until final baking time is reached. Follow Step 4 as directed.

c. Tiny Meat Loaves

25 servings: Prepare meat loaf as directed in Step 1. Omit Step 2. Using a No. 12 scoop, portion meat mixture (3 x 4) on paper-lined half-sheet pans (18 " x 13" x 1") and shape into meat loaves. In Step 3, bake in a 350°F conventional oven for 30 minutes or in a 325°F convection oven for 30 minutes. If desired, baste tiny meat loaves with meat glaze (see Variation a. Glazed Meat Loaf) or Salsa (C-3) before baking. Bake for 15 minutes as directed. Remove from oven, baste meat loaves again and continue baking for 15 minutes. Omit Step 4.

50 servings: Prepare meat loaf as directed in Step 1. Omit step 2. Using a No. 12 scoop, portion meat mixture (3 x 4) on paper-lined half-sheet pans (18" x 13" x 1") and shape into meat loaves. In Step 3, bake in a 350°F conventional oven for 30 minutes or in a 325°F convection oven for 30 minutes. If desired, baste tiny meat loaves with meat glaze (see Variation a. Glazed Meat Loaf) or Salsa (C-3) before baking. Bake for 15 minutes as directed. Remove from oven, baste meat loaves again and continue baking for 15 minutes. Omit Step 4.

Nutrients Per Serving

Calories	167	Saturated Fat	2.9 g	Iron	1.7 mg
Protein	12 g	Cholesterol	83 mg	Calcium	35 mg
Carbohydrate	11 g	Vitamin A	40 RE/253 IU	Sodium	386 mg
Total Fat	8.5 g	Vitamin C	3 mg	Dietary Fiber	1 g

d. Beef Patties

25 servings: In Step 1, omit ground turkey and use an additional 1 lb 4 oz of ground beef (no more than 24% fat). Continue with Step 1 as directed. Omit Step 2. Using a No. 12 scoop, portion meat mixture (3 x 4) on paper-lined half-sheet pans (18" x 13" x 1") and shape into patties. In Step 3, bake in a 350°F conventional oven for 30 minutes or in a 325°F convection oven for 30 minutes. If desired, baste beef patties with meat glaze (see Variation a. Glazed Meat Loaf) or Salsa (C-3) before baking. Bake for 15 minutes as directed. Remove from oven, baste patties again and continue baking for 15 minutes. Omit Step 4.

50 servings: In Step 1, omit ground turkey and use an additional 2 lb 8 oz of ground beef (no more than 24% fat). Continue with Step 1 as directed. Omit Step 2. Using a No. 12 scoop, portion meat mixture (3 x 4) on paper-lined half-sheet pans (18" x 13" x 1") and shape into patties. In Step 3, bake in a 350°F conventional oven for 30 minutes or in a 325°F convection oven for 30 minutes. If desired, baste beef patties with meat glaze (see Variation a. Glazed Meat Loaf) or Salsa (C-3) before baking. Bake for 15 minutes as directed. Remove from oven, baste patties again and continue baking for 15 minutes. Omit Step 4.

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	3 oz	5 oz	....
Celery	10 oz	1 lb 4 oz	....

Oven-Baked Parmesan Chicken

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lowfat mayonnaise	4 oz	½ cup	8 oz	1 cup		1. Combine mayonnaise and mustard in a bowl.
Prepared mustard		1 tsp		2 tsp		
Parmesan cheese, grated	4 oz	½ cup	8 oz	1 cup		2. In another bowl, combine Parmesan cheese, bread crumbs, salt, and pepper.
Dry bread crumbs		¼ cup 2 Tbsp	4 oz	¾ cup		
Salt		¾ tsp		1½ tsp		
Black pepper		½ tsp		1 tsp		
Skinless, boneless chicken thighs	2 lb 15 oz	25 each	5 lb 14 oz	50 each		3. Using a pastry brush, coat chicken with the mayonnaise mixture. 4. Dredge chicken in the crumb mixture. Place 25 pieces of chicken on each half-sheet pan (18" x 13" x 1"). 5. **To Bake:** Conventional Oven 350°F, 25 minutes; Convection Oven 325°F, 20 minutes 6. Slice chicken into 2-oz portions.

(over)

SERVING: 2 oz provide 1½ oz of cooked poultry

YIELD:
25 servings: 3 lb 4 oz
50 servings: 6 lb 8 oz

Nutrients Per Serving

Calories	115	Saturated Fat	1.8 g	Iron	.7 mg
Protein	13 g	Cholesterol	48 mg	Calcium	73 mg
Carbohydrate	3 g	Vitamin A	16 RE/58 IU	Sodium	229 mg
Total Fat	5.7 g	Vitamin C	1 mg	Dietary Fiber	0 g

Sweet-and-Sour Chicken

Meat

Main Dishes D-6

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Skinless chicken thighs, about 4 oz each	5 lb 9 oz	25 each	11 lb 2 oz	50 each		1. Place 12 to 13 chicken thighs or drumsticks in each glass casserole dish (13" x 9" x 2") or quarter-sheet pan. 2. **First Bake:** Conventional Oven 425°F, 30 minutes Convection Oven 375°F, 30 minutes **Bake until lightly browned and liquid has no signs of pink.** Drain and discard liquid and fat.
OR						
Skinless chicken drumsticks, about 3.7 oz each	5 lb 13 oz	25 each	11 lb 10 oz	50 each		
Sweet-and-Sour Sauce:						3. In a sauce pan, combine soy sauce, oil, lemon juice, vinegar, sugar, mustard, garlic powder, and pineapple juice. Add peach puree (or bottled sweet-and-sour sauce) and the additional pineapple juice. Simmer for 15 minutes.
Soy sauce		2 Tbsp		¼ cup		
Vegetable oil		2 Tbsp		¼ cup		
Lemon juice		1 Tbsp		2 Tbsp		
Vinegar		¾ cup		1½ cups		
Sugar	6 oz	¾ cup	12 oz	1½ cups		
Dry mustard		1 tsp		2 tsp		
Garlic powder		1 tsp		2 tsp		
Pineapple juice		1 cup		2 cups		

(over)

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Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned peaches, drained and pureed	4 oz	½ cup	8 oz	1 cup		4. If using pureed peaches, dissolve cornstarch in cold water. Add to simmering liquid and stir until thickened. (Do not add cornstarch if using bottled sweet-and-sour sauce.)
OR						
Bottled sweet-and-sour sauce	1 lb 4 oz	2 cups	2 lb 8 oz	1 qt		
Pineapple juice		1 cup		2 cups		
Cornstarch		2 Tbsp		¼ cup		5. Pour 1½ cups of sauce over each casserole dish of chicken.
Cold water		¾ cup		1½ cups		6. **Second Bake:** Conventional Oven 350°F, 30 minutes Convection Oven 325°F, 30 minutes Bake until golden brown. Baste every 15 minutes for a glazed appearance.

SERVING: 3 oz provide 1½ oz of cooked chicken

YIELD: 25 servings: 5 lb 2 oz
50 servings: 10 lb 4 oz

Special Tip: The Sweet-and-Sour Sauce from Steps 3 and 4 may be used on baked fish or baked pork.

Variation:

a. Mexican Chicken

25 servings: In Step 1, prepare a seasoning mix by combining 1 Tbsp garlic salt, 1 Tbsp paprika, and 1 Tbsp celery salt. Place 25 chicken pieces on each half-sheet pan (18" x 13" x 1"). Sprinkle 3 Tbsp of the seasoning mix evenly over each pan of chicken. Bake in a 375°F conventional oven for 30 minutes, until no signs of pink remain. Omit Steps 2, 3, 4, 5, and 6.

In a half-steamtable pan (12" x 10" x 2½"), combine: ⅔ cup (5 oz) minced onions (or 2 Tbsp dehydrated onion flakes); ½ cup (3 oz) diced green peppers; 1 Tbsp dried parsley flakes; 1 cup (7 oz) canned, chopped tomatoes (drained); 1 Tbsp chili powder; 2 cups (15 oz) white rice; and 1 qt chicken stock. Cover with plastic wrap and foil. Steam in a compartment steamer for 25 minutes. Serve 1 piece of chicken over ⅓ cup (No. 12 scoop) rice.

50 servings: In Step 1, prepare a seasoning mix by combining 2 Tbsp garlic salt, 2 Tbsp paprika, and 2 Tbsp celery salt. Place 25 chicken pieces on each half-sheet pan (18" x 13" x 1"). Sprinkle 3 Tbsp of the seasoning mix evenly over each pan of chicken. Bake in a 375°F conventional oven for 30 minutes, until no signs of pink remain. Omit Steps 2, 3, 4, 5, and 6.

In a steamtable pan (12" x 20" x 2½"), combine: 1⅓ cups (10 oz) minced onions (or ¼ cup dehydrated onion flakes); 1 cup (6 oz) diced green peppers; 2 Tbsp dried parsley flakes; 2 cups (14 oz) canned, chopped tomatoes (drained); 2 Tbsp chili powder; 1 qt (1 lb 14 oz) white rice; and 2 qt chicken stock. Cover with plastic wrap and foil. Steam in a compartment steamer for 25 minutes. Serve 1 piece of chicken over ⅓ cup (No. 12 scoop) rice.

Nutrients Per Serving

Calories	138	Saturated Fat	1.5 g	Iron	.7 mg
Protein	11 g	Cholesterol	40 mg	Calcium	8 mg
Carbohydrate	10 g	Vitamin A	11 RE/53 IU	Sodium	121 mg
Total Fat	5.8 g	Vitamin C	1 mg	Dietary Fiber	0 g

Beef and Rice Casserole

Meat • Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
White rice	12 oz	1½ cups	1 lb 8 oz	3 cups	....	1. Add ¾ cup (6 oz) rice and 1½ cups water to each half-steamtable pan (12" x 10" x 2½"). Cover with plastic wrap and foil. 2. **To Steam:** Compartment Steamer 20 minutes **To Bake:** Conventional Oven 350°F, 25 to 30 minutes Bake or steam until tender.
Water		3 cups		1 qt 2 cups	....	
Ground beef (no more than 24% fat)	3 lb 4 oz		6 lb 8 oz		....	3. In a pot, brown beef until no signs of pink remain. Drain fat and discard. Add onions, peppers, and celery. Cook for 2 minutes.
*Onions, minced	7 oz	1 cup	14 oz	2 cups	....	
OR						
Dehydrated onion flakes	1 oz	¼ cup 2 Tbsp	2 oz	¾ cup	....	
*Fresh green peppers, ¼" dice	5 oz	1 cup	10 oz	2 cups	....	
*Fresh celery, ¼" dice	7 oz	1½ cups	14 oz	3 cups	....	

*See Marketing Guide.

(over)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Water		1 qt 1 cup		2 qt 2 cups		4. Add water, catsup, tomato puree, honey, chili powder, oregano, salt, pepper, Worcestershire sauce, and vinegar to meat mixture. Stir to blend. Bring to a boil over medium heat. Reduce heat, cover, and simmer for 15 minutes.
Catsup	12 oz	1½ cups	1 lb 8 oz	3 cups		
Tomato puree	1 lb	2 cups	2 lb	1 qt		
Honey		3 Tbsp		¼ cup 2 Tbsp		
Chili powder		1 Tbsp		2 Tbsp		
Dry oregano leaves		¾ tsp		1½ tsp		
Salt		¾ tsp		1½ tsp		
Black pepper		¼ tsp		½ tsp		
Worcestershire sauce		¼ cup		½ cup		
Vinegar		¼ cup		½ cup		
Frozen mixed vegetables, thawed (optional)	1 lb	3½ cups	2 lb	1 qt 3 cups		5. Distribute 8 oz (1¾ cups) of mixed vegetables (optional) over each pan of rice. 6. Top each pan with 3 lb 3 oz (1 qt 2 cups) of the meat mixture. Cover with foil. 7. **To Bake:** Conventional Oven 375°F, 20 minutes Convection Oven 350°F, 20 minutes 8. Cut each pan into 25 portions (5 x 5).

SERVING: 1 portion provides 1½ oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of ½ slice of bread

YIELD:
25 servings: 10 lb 1 oz
50 servings: 20 lb 2 oz

Nutrients Per Serving

Calories	180	Saturated Fat	3.1 g	Iron	2 mg
Protein	14 g	Cholesterol	42 mg	Calcium	22 mg
Carbohydrate	14 g	Vitamin A	54 RE/536 IU	Sodium	305 mg
Total Fat	8.0 g	Vitamin C	14 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	8 oz	1 lb	....
Green peppers	6 oz	12 oz	....
Celery	8 oz	1 lb	....

Broccoli Quiche

Meat Alternate • Vegetable • Grains/Breads

Main Dishes D-8

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
10-inch pie shells, unbaked	1 lb 11 oz	3 each	3 lb 6 oz	6 each		1. Prick the bottom and sides of pie shells. 2. **To Bake:** Conventional Oven 425°F, 5 to 7 minutes Convection Oven 400°F, 5 minutes Bake pie shells until lightly browned. Set aside for Step 7.
*Fresh broccoli, chopped	2 lb 1 oz	2 qt 2 cups	4 lb 2 oz	1 gal 1 qt		3. Steam or boil until tender. **To Steam:** Place broccoli in a steamtable pan (12" x 20" x 2½"). Steam in a compartment steamer for 10 minutes. **To Boil:** Place broccoli in a pot of boiling water to cover. Reduce heat to simmer. Cook 10 to 12 minutes.
*Onions, minced **OR**	4 oz	¾ cup	8 oz	1½ cups		5. In a small pan, saute onions in margarine or butter until tender, about 3 to 5 minutes. Set aside to cool.
Dehydrated onion flakes		2 tsp		1 Tbsp 1 tsp		
Margarine or butter		¼ cup 2 Tbsp	6 oz	¾ cup		

(over)

*See Marketing Guide.

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lowfat milk		1 qt		2 qt		6. In a bowl, combine milk, eggs, salt, and pepper. Add onions and stir to blend.
Fresh large eggs		6 each		12 each		
OR						
Frozen whole eggs, thawed	12 oz	1½ cups	1 lb 8 oz	3 cups		
Salt		½ tsp		1 tsp		
Black pepper		½ tsp		1 tsp		
Dry bread crumbs	4 oz	¾ cup	8 oz	1½ cups		7. Combine bread crumbs and shredded cheese. Sprinkle 1 cup of this crumb mixture in the bottom of each baked crust. Next, add 11 oz (2½ cups) of steamed broccoli to each crust. Finally, pour 2⅓ cups (15 oz) of egg mixture over the broccoli in each crust. 8. **First Bake:** Conventional Oven 375°F, 30 to 35 minutes Convection Oven 350°F, 30 to 35 minutes
Lowfat cheddar cheese, shredded	14 oz	3½ cups	1 lb 12 oz	1 qt 3 cups		
Cheddar cheese, shredded	4 oz	1 cup 2 Tbsp	8 oz	2¼ cups		9. Top each quiche with ½ cup (2 oz) of cheese. Cover with foil.

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						10. **Second Bake:** Conventional Oven 375°F, 15 minutes Convection Oven 350°F, 15 minutes **Bake until knife inserted in center comes out clean.** 11. Cut each pie into 9 slices.

Variation:

a. Spanish Quiche

25 servings: Complete Steps 1 and 2. Omit Steps 3 and 4. In Step 5, saute 1 oz (1/4 cup) diced green peppers with the onion. In Step 6, add to the egg mixture: 1/8 tsp dry oregano leaves, 1/8 tsp paprika, 1/2 tsp dried parsley flakes, and 1/8 tsp dry basil leaves. In Step 7, omit broccoli and distribute 7 oz (1 1/4 cups) canned diced tomatoes over the bread crumbs and cheese in each crust. Pour egg mixture over each crust as directed. Top each quiche with 2 oz (1/2 cup) of cheese. In Step 8, bake in a 375°F conventional oven for 40 minutes or in a 350°F convection oven for 35 minutes. **Bake until knife inserted in center comes out clean.** Omit Steps 9 and 10.

50 servings: Complete Steps 1 and 2. Omit Steps 3 and 4. In Step 5, saute 2 oz (1/2 cup) diced green peppers with the onion. In Step 6, add to the egg mixture: 1/4 tsp dry oregano leaves, 1/4 tsp paprika, 1 tsp dried parsley flakes, and 1/4 tsp dry basil leaves. In Step 7, omit broccoli and distribute 7 oz (1 1/4 cups) canned diced tomatoes over the bread crumbs and cheese in each crust. Pour egg mixture over each crust as directed. Top each quiche with 2 oz (1/2 cup) of cheese. In Step 8, bake in a 375°F conventional oven for 40 minutes or in a 350°F convection oven for 35 minutes. **Bake until knife inserted in center comes out clean.** Omit Steps 9 and 10.

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SERVING: 1 piece provides the equivalent of 1¼ oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 1 slice of bread

YIELD:
25 servings: 7 lb 6 oz
50 servings: 14 lb 12 oz

Nutrients Per Serving

Calories	290	Saturated Fat	5.3 g	Iron	1.6 mg
Protein	12 g	Cholesterol	67 mg	Calcium	202 mg
Carbohydrate	24 g	Vitamin A	161 RE/912 IU	Sodium	513 mg
Total Fat	16.8g	Vitamin C	30 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Broccoli	2 lb 9 oz	5 lb 2 oz	....
Onions	5 oz	10 oz	....

Oven-Baked Fish

Meat Alternate

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Dry bread crumbs	4 oz	¾ cup	8 oz	1½ cups		1. In a small bowl, combine bread crumbs, salt, and pepper.
Salt		1½ tsp		1 Tbsp		
Black pepper		½ tsp		1 tsp		
Frozen fish, 2-oz portions, thawed	3 lb 2 oz	25 each	6 lb 4 oz	50 each		2. In another bowl, coat fish with mayonnaise or yogurt. 3. Roll fish portions in bread crumbs to coat. 4. Place 12 to 13 fish portions in a single layer on each lightly greased half-sheet pan (18" x 13" x 1"). 5. **To Bake:** Conventional Oven 500°F, 17 minutes; Convection Oven 450°F, 15 minutes. Bake until fish flakes easily with a fork.
Lowfat mayonnaise		⅓ cup	6 oz	⅔ cup		
OR						
Lowfat plain yogurt		⅓ cup	6 oz	⅔ cup		

(over)

SERVING: 1 piece provides 1½ oz of cooked fish

YIELD:
25 servings: 2 lb 5 oz
50 servings: 4 lb 10 oz

Special Tip: This may be served with Fruity Dip (C-2).

Nutrients Per Serving

Calories	74	Saturated Fat	.4 g	Iron	.5 mg
Protein	9 g	Cholesterol	21 mg	Calcium	16 mg
Carbohydrate	4 g	Vitamin A	5 RE/18 IU	Sodium	220 mg
Total Fat	2.2 g	Vitamin C	0 mg	Dietary Fiber	0 g

Variations:

a. Fish Nuggets

25 and 50 servings: In Step 2, cut the 2-oz fish portions in half and pat dry with paper towels. Continue with Steps 2, 3, 4, and 5 as directed.

b. Chicken Nuggets

25 servings: In Step 2, in place of the fish substitute 3 lb 6 oz of boneless, skinless chicken, cut into 1-oz pieces. Continue with Steps 2, 3, and 4 as directed. In Step 5, bake in a 500°F conventional oven for 20 to 22 minutes or in a 450°F convection oven for 18 to 20 minutes **until no signs of pink remain.**

50 servings: In Step 2, in place of the fish substitute 6 lb 12 oz of boneless, skinless chicken, cut into 1-oz pieces. Continue with Steps 2, 3, and 4 as directed. In Step 5, bake in a 500°F conventional oven for 20 to 22 minutes or in a 450°F convection oven for 18 to 20 minutes **until no signs of pink remain.**

Tuna Patties

Meat • Grains/Breads

Main Dishes D-10

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
*Fresh celery, minced	4 oz	1 cup	8 oz	2 cups		1. In a pan, saute celery, carrots, and onions in vegetable oil for 5 minutes until tender. Stir in the salt, oregano, and lemon juice. Set aside to cool slightly.
*Fresh carrots, shredded	4 oz	1¼ cups	8 oz	2½ cups		
*Onions, minced		½ cup	4 oz	1 cup		
OR						
Dehydrated onion flakes		1 Tbsp		2 Tbsp		
Vegetable oil		2 Tbsp		¼ cup		
Salt		1 tsp		2 tsp		
Dry oregano leaves		1 tsp		2 tsp		
Lemon juice		2 Tbsp		¼ cup		
Fresh large eggs		4 each		8 each		2. In a bowl, beat eggs with a wire whip until foamy.
OR						
Frozen whole eggs, thawed	8 oz	1 cup	1 lb	2 cups		
Canned tuna, water-packed, drained	3 cans (12½ oz each)	1 qt	6 cans (12½ oz each)	2 qt		3. To the eggs, add cooked vegetables, tuna, bread crumbs, and mayonnaise. Mix until thoroughly blended. Chill 20 minutes.
Dry bread crumbs	8 oz	1½ cups	1 lb	3 cups		
Lowfat mayonnaise	12 oz	1½ cups	1 lb 8 oz	3 cups		

*See Marketing Guide.

(over)

SERVING: 1 patty provides the equivalent of 1¼ oz cooked fish and ½ slice of bread

YIELD:
25 servings: 3 lb 4 oz
50 servings: 6 lb 8 oz

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Dry bread crumbs	3 oz	½ cup	6 oz	1 cup		4. Using a No. 16 scoop, portion fish mixture and shape into cakes. Roll cakes in crumbs and place (3 x 4) on lightly greased half-sheet pans (18" x 13" x 1"). Spray tops of cakes with vegetable spray to aid in the browning process. 5. **To Bake:** Conventional Oven 375°F, 20 minutes Convection Oven 350°F, 15 minutes Bake until golden brown.
Vegetable spray						

Special Tip: This may also be served in a sandwich with lettuce, tomato, and tartar sauce.

Nutrients Per Serving

Calories	191	Saturated Fat	1.7 g	Iron	1.6 mg
Protein	14 g	Cholesterol	51 mg	Calcium	42 mg
Carbohydrate	12 g	Vitamin A	133 RE/1171 IU	Sodium	410 mg
Total Fat	9.5 g	Vitamin C	1 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Celery	5 oz	10 oz	
Carrots	6 oz	12 oz	
Onions	3 oz	5 oz	

Chicken Pie with Biscuits

Meat • Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	1 lb	3 cups	2 lb	1 qt 2 cups		1. Combine flour, salt, margarine or butter, and water. Mix by hand for 2 to 3 minutes until dough is moistened. Cover and hold in refrigerator until Step 7.
Salt		3/4 tsp		1 1/2 tsp		
Margarine or butter		1/4 cup	4 oz	1/2 cup		
Water, cold		1/2 cup		1 cup		
Margarine or butter	4 oz	1/2 cup	8 oz	1 cup		2. In a heavy pot, melt margarine or butter. Add celery and onions and cook over medium heat until vegetables are tender, about 5 minutes.
*Fresh celery, 1/2" dice	10 oz	2 1/4 cups	1 lb 4 oz	1 qt 1/2 cup		
*Onions, minced	10 oz	2 1/4 cups	1 lb 4 oz	1 qt 1/2 cup		
OR						
Dehydrated onion flakes		1/4 cup 2 Tbsp		3/4 cup		
All-purpose flour	8 oz	1 1/2 cups	1 lb	3 cups		3. Slowly add flour to vegetables, stirring constantly. Cook over medium heat until golden brown, about 5 minutes.
Chicken stock		2 qt		1 gal		4. Slowly add stock and pepper. Blend well and cook over medium heat, whisking frequently until slightly thickened, about 10 minutes. Set aside.
White pepper		3/4 tsp		1 1/2 tsp		

(over)

*See Marketing Guide.

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Cooked chicken, diced	2 lb 6 oz	2 qt 1 cup	4 lb 12 oz	1 gal 2 cups ..	....	5. Place 1 lb 3 oz (1 qt ½ cup) of chicken in each half-steamtable pan (12" x 10" x 2½"). Add 13 oz (3 cups) of mixed vegetables to the chicken in each pan. 6. Pour 1 qt 1½ cups of gravy evenly over each pan of chicken and vegetables. Stir to combine. 7. On a lightly floured surface, roll 15 oz of dough into a rectangle (12" x 10"). Cover each pan of chicken with one pastry rectangle and seal dough on sides of pan. Brush top of pastry with a pastry brush dipped in milk. Cut slits in pastry. 8. **To Bake:** Conventional Oven 400°F, 20 minutes Convection Oven 350°F, 15 minutes Bake until crust is golden brown and filling is bubbling. 9. Cut each pan into 25 portions (5 x 5).
Frozen mixed vegetables	1 lb 10 oz	1 qt 2 cups	3 lb 4 oz	3 qt	....	

SERVING: 1 piece provides 1½ oz of cooked poultry, ¼ cup of vegetable, and the equivalent of 1¼ slices of bread

YIELD: 25 servings: 10 lb 11 oz
50 servings: 21 lb 6 oz

Special Tip: In place of prepared dough, you may use purchased pie crust, biscuit mix, Cut Biscuits(A-9), or refrigerated biscuits.

Nutrients Per Serving

Calories	256	Saturated Fat	2.1 g	Iron	2.2 mg
Protein	16 g	Cholesterol	36 mg	Calcium	31 mg
Carbohydrate	27 g	Vitamin A	222 RE/1695 IU	Sodium	664 mg
Total Fat	9.2 g	Vitamin C	4 mg	Dietary Fiber	3 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Celery	12 oz	1 lb 8 oz	....
Onions	12 oz	1 lb 8 oz	....

Teriyaki Chicken

Meat

Main Dishes D-12

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lemon juice		½ cup		1 cup		1. In a bowl, whisk together lemon juice, soy sauce, vegetable oil, catsup, pepper, and garlic powder. Whisk until smooth, then set aside.
Soy sauce		¼ cup 2 Tbsp		¾ cup		
Vegetable oil		⅓ cup		⅔ cup		
Catsup		¼ cup		½ cup		
Black pepper		¼ tsp		½ tsp		
Garlic powder		¼ tsp		½ tsp		
Skinless chicken drumsticks **OR**	5 lb 13 oz	25 each	11 lb 10 oz	50 each		2. Place 25 chicken pieces in each lightly greased half-steamtable pan (12" x 10" x 2½"). Pour 1¼ cups of marinade evenly over each pan of chicken. Cover and refrigerate overnight. 3. **To Bake:** Conventional Oven 350°F, 65 minutes Convection Oven 325°F, 60 minutes Bake until golden brown.
Skinless chicken thighs	5 lb 13 oz	25 each	11 lb 10 oz	50 each		

(over)

SERVING: 1 portion provides
1½ oz of cooked poultry

YIELD: 25 servings: 6 lb
50 servings: 12 lb

Nutrients Per Serving

Calories	108	Saturated Fat	1.1 g	Iron	.7 mg
Protein	13 g	Cholesterol	41 mg	Calcium	7 mg
Carbohydrate	1 g	Vitamin A	11 RE/55 IU	Sodium	322 mg
Total Fat	5.4 g	Vitamin C	2 mg	Dietary Fiber	0 g

Mexican Pizza

Meat Alternate • Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Flour tortillas, 6-inch (1 oz each)		13 each		26 each		1. Place 4 tortillas in a single layer on each half-sheet pan (18" x 13" x 1").
Tomato paste		1/4 cup 2 Tbsp	6 oz	3/4 cup		2. In a bowl, combine tomato paste and salsa.
Mild salsa, chunky	1 lb 3 oz	2 1/4 cups	2 lb 6 oz	1 qt 1/2 cup		
Refried beans	1 lb 10 oz	3 cups	3 lb 4 oz	1 qt 2 cups		3. Spread each tortilla with: a No. 20 scoop (2 oz) of refried beans; a No. 30 scoop (1 oz) of the salsa mixture; and 1/2 cup (2 oz) of cheese. 4. **To Bake:** Conventional Oven 375°F, 9 minutes Convection Oven 350°F, 9 minutes **Bake until thoroughly heated (165°F) and cheese is melted.** 5. Cut each pizza into four pieces.
Lowfat mozzarella cheese, shredded	1 lb 10 oz	1 qt 2 1/2 cups	3 lb 4 oz	3 qt 1 cup		

(over)

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SERVING: 2 pieces (¼ pizza) provide the equivalent of 1½ oz of cooked lean meat, ⅛ cup of vegetable, and the equivalent of ½ slice of bread

YIELD:
25 servings: 4 lb 4 oz
50 servings: 8 lb 8 oz

Special Tip: Salsa (C-3) may be used instead of pre-prepared salsa.

Nutrients Per Serving

Calories	159	Saturated Fat	3.3 g	Iron	1.3 mg
Protein	10 g	Cholesterol	19 mg	Calcium	231 mg
Carbohydrate	15 g	Vitamin A	75 RE/399 IU	Sodium	356 mg
Total Fat	6.2 g	Vitamin C	8 mg	Dietary Fiber	3 g

Pasta Toss with Vegetables

Meat Alternate • Vegetable • Grains/Breads

Main Dishes D-14

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Elbow macaroni	12 oz	1 qt	1 lb 8 oz	2 qt		1. Cook pasta in boiling water until tender but still firm (al dente), about 10 minutes. Drain and toss with vegetable oil in a large bowl. Cool to room temperature, stirring occasionally.
Vegetable oil		¼ cup		½ cup		
*Fresh broccoli florets	1 lb 10 oz	2 qt 2 cups	3 lb 4 oz	1 gal 1 qt		2. Cook broccoli in steamer for 2 to 3 minutes until just tender. Quickly cool in ice water and drain.
*Fresh carrots, peeled, shredded	7 oz	1½ cups	14 oz	3 cups		3. In a bowl, combine cooled pasta, broccoli, carrots, and cheese. Mix thoroughly.
Lowfat mozzarella cheese, ½" cubes	1 lb 3 oz	1 qt	2 lb 6 oz	2 qt		
Prepared mustard		1 tsp		2 tsp		4. In a bowl, whisk together mustard, vinegar, garlic, chives, basil, sugar, salt, and pepper. Continue to whisk while slowly adding oil. 5. Pour dressing over pasta and vegetables and mix thoroughly. 6. Chill prior to serving.
Vinegar		¼ cup		½ cup		
Garlic powder		1 tsp		2 tsp		
Dried, minced chives		1 tsp		2 tsp		
Dry basil leaves		1 tsp		2 tsp		
Sugar		2 tsp		1 Tbsp 1 tsp		
Salt		1 tsp		2 tsp		
Black pepper		½ tsp		1 tsp		
Vegetable oil		1 cup		2 cups		

(over)

*See Marketing Guide.

SERVING: ½ cup (No. 8 scoop) provides ¾ oz of cheese, ¼ cup of vegetable, and the equivalent of ½ slice of bread

YIELD:
25 servings: 5 lb 14 oz
50 servings: 11 lb 12 oz

VOLUME:
25 servings: 1 gal
50 servings: 2 gal

Nutrients Per Serving

Calories	214	Saturated Fat	3.9 g	Iron	.9 mg
Protein	8 g	Cholesterol	12 mg	Calcium	161 mg
Carbohydrate	13 g	Vitamin A	319 RE/2930 IU	Sodium	207 mg
Total Fat	14.7 g	Vitamin C	25 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Broccoli	2 lb	4 lb	....
Carrots	10 oz	1 lb 4 oz	....

Baked Scrambled Eggs

Meat Alternate

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh large eggs OR Frozen whole eggs, thawed	 2 lb 12½ oz	25 each 1 qt 1½ cups	 5 lb 9 oz	50 each 2 qt 3 cups		1. Beat eggs thoroughly. 2. Add milk and salt. Mix until well blended. 3. For 25 servings, pour 3 lb 12 oz (1 qt 3¼ cups) egg mixture into a lightly greased steamtable pan (12" x 20" x 2½"). For 50 servings, use 2 steamtable pans.
Reconstituted instant nonfat dry milk		2 cups		1 qt		
Salt		¾ tsp		1½ tsp		
						4. Bake or steam. **To Bake:** Conventional Oven 350°F, 20 minutes Stir once after 15 minutes. Convection Oven 300°F, 15 minutes Stir once after 10 minutes. **To Steam:** 5 lb pressure, 3 to 5 minutes **DO NOT STIR WHILE STEAMING.** **DO NOT OVERCOOK.**

(over)

SERVING: ¼ cup (No. 16 scoop) provides
1 large egg

YIELD: 25 servings: 1 steamtable pan
50 servings: 2 steamtable pans

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
						5. Remove from oven or steamer. Stir well. Eggs will be cooked completely but still have a slightly moist appearance.
Butter or margarine (optional)		2 Tbsp 2 tsp		⅓ cup		6. To each pan, add approximately 1¼ oz (2 Tbsp 1½ tsp) butter or margarine (optional). Stir.
Cheddar cheese, shredded (optional)	7 oz	2 cups	14 oz	1 qt		7. Sprinkle 7 oz (2 cups) cheese (optional) over each pan. 8. Portion with No. 16 scoop (¼ cup). For best results, serve within 15 minutes.

Nutrients Per Serving

Calories	82	Saturated Fat	1.6 g	Iron	.7 mg
Protein	7 g	Cholesterol	215 mg	Calcium	50 mg
Carbohydrate	2 g	Vitamin A	96 RE/321 IU	Sodium	144 mg
Total Fat	5.1 g	Vitamin C	0 mg	Dietary Fiber	0 g

Beef-Vegetable Stew

Meat • Vegetable

Main Dishes D-16

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Boneless beef, 1" cubes	5 lb 13 oz		11 lb 10 oz			1. Trim all visible fat from beef cubes. 2. Brown beef cubes in oil. Drain.
Vegetable oil		¼ cup		½ cup		
*Onions, quartered	8 oz	1¼ cups 2 Tbsp	1 lb	2¾ cups		3. Add onions, flour, garlic powder, paprika, pepper, and thyme.
OR						
Dehydrated onions		¼ cup 1½ tsp		½ cup 1 Tbsp		
All-purpose flour	6 oz	1¼ cups 2 Tbsp	12 oz	2¾ cups		
Garlic powder		2¼ tsp		1 Tbsp 1½ tsp		
Paprika		1½ tsp		1 Tbsp		
Black pepper		¾ tsp		1½ tsp		
Flaked thyme		½ tsp		1 tsp		
Water or beef stock		3 qt		1½ gal		4. Add water or stock. Bring to a boil. Reduce heat and cover. Simmer for approximately 1½ hours, or until meat is tender.
Canned sliced carrots, drained	1 lb 5½ oz	1 qt	2 lb 11 oz	2 qt		5. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes. 6. Pour into serving pans. 7. Portion with 8-oz ladle (1 cup).
Canned small whole potatoes, drained	1 lb 11 oz	1 qt ½ cup	3 lb 6 oz	2 qt 1 cup		
Canned green peas, drained	1 lb 10 oz	1 qt ½ cup	3 lb 4 oz	2 qt 1 cup		

*See Marketing Guide.

(over)

SERVING: 1 cup (8-oz ladle) provides 2 oz of cooked lean meat and ½ cup of vegetable

YIELD:
25 servings: 1 gal 2 qt 2 cups (approximately)
50 servings: 3 gal 1 qt (approximately)

Nutrients Per Serving

Calories	238	Saturated Fat	2.3 g	Iron	3.9 mg
Protein	25 g	Cholesterol	64 mg	Calcium	25 mg
Carbohydrate	16 g	Vitamin A	364 RE/3629 IU	Sodium	277 mg
Total Fat	7.9 g	Vitamin C	5 mg	Dietary Fiber	3 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions	9 oz	1 lb 2½ oz ..	....

Chicken and Noodles

Meat • Grains/Breads

Main Dishes D-17

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken stock **OR** Low-sodium chicken stock		1 gal 1 gal		2 gal 2 gal		1. Heat chicken stock to boiling. Slowly stir in noodles, onions, and carrots (optional). Boil, uncovered, for 6 minutes. **DO NOT DRAIN.**
Noodles	1 lb 4 oz	3 qt 3 cups	2 lb 8 oz	1 gal 3½ qt		
*Onions, chopped **OR** Dehydrated onions	7 oz	1 cup 2 Tbsp ¼ cup	14 oz	2¼ cups ½ cup		
*Carrots, shredded (optional)	4 oz	1 cup	8 oz	2 cups		
Butter or margarine		¼ cup	4 oz	½ cup		2. Melt butter or margarine. Add flour and stir until smooth.
All-purpose flour		¼ cup 3 Tbsp	4 oz	¾ cup 2 Tbsp		
Reconstituted instant nonfat dry milk		3 cups		1 qt 2 cups		3. To noodles, add: flour mixture, milk, pepper, marjoram (optional), parsley flakes (optional), and chicken or turkey. Stir gently to combine. 4. Cook over medium heat, stirring occasionally until thickened, 6 to 8 minutes. 5. Pour into serving pans. Hold for 30 minutes on a 180°F to 190°F steamtable to allow sufficient time for mixture to thicken properly. 6. Portion with 8-oz ladle (1 cup).
Black or white pepper		¾ tsp		1½ tsp		
Flaked marjoram (optional)		¾ tsp		1½ tsp		
Parsley flakes (optional)		¼ cup		½ cup		
*Cooked chicken or turkey, chopped	3 lb 3 oz	2 qt 2 cups	6 lb 6 oz	1 gal 1 qt		

*See Marketing Guide.

(over)

SERVING: 1 cup (8-oz ladle) provides 2 oz of cooked poultry and the equivalent of 1 slice of bread

YIELD:
25 servings: 1 gal 2 qt (approximately)
50 servings: 3 gal (approximately)

Nutrients Per Serving

Calories	242	Saturated Fat	2.6 g	Iron	1.9 mg
Protein	21 g	Cholesterol	75 mg	Calcium	66 mg
Carbohydrate	21 g	Vitamin A	38 RE/138 IU	Sodium	1032 mg
Total Fat	7.4 g	Vitamin C	1 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions	8 oz	1 lb..............	....
Carrots	6 oz	11½ oz	....
Chicken, whole, without neck and giblets	8 lb 14 oz	17 lb 12 oz ..	....
OR			
Turkey, whole, without neck and giblets	6 lb 13 oz	13 lb 10 oz ..	....

Chicken Stir-Fry

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Low-sodium soy sauce		½ cup		1 cup		1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch		¼ cup 3 Tbsp	4 oz	¾ cup 2 Tbsp		
Ground ginger		¼ tsp		½ tsp		
Granulated garlic		1 Tbsp 1½ tsp		3 Tbsp		
White pepper		1 tsp		2 tsp		
Low-sodium chicken stock, non-MSG		1 qt		2 qt		2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
Fresh mixed vegetables:						**Prepare no more than 50 portions per batch.**
*Fresh broccoli, chopped	2 lb 13 oz	1 gal	5 lb 10 oz	2 gal		
*Fresh carrots, peeled, ¼" slices	2 lb 13 oz	2 qt 1 cup	5 lb 10 oz	1 gal 2 cups		4. Saute sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steamtable pan. Keep warm.
*Onions, diced	10 oz	2 cups	1 lb 4 oz	1 qt		
OR						
+Frozen mixed Oriental vegetables	6 lb 4 oz	1 gal 3 qt	12 lb 8 oz	3 gal 2 qt		
Vegetable oil		¼ cup		½ cup		

*See Marketing Guide.

+If using Oriental vegetables, add frozen vegetables to sauteed chicken in Step 5.

(over)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Skinless, boneless chicken breasts, cut ½" x ½"	4 lb 8 oz	....	9 lb	....	....	5. Saute chicken in oil for 3 to 5 minutes **until no signs of pink remain.** Add chicken to vegetables in steamtable pan. Add sauce and mix to coat chicken and vegetables. **Heat to serving temperature, (165°F).**
Vegetable oil	....	½ cup	....	1 cup	....	

Special Tips:

1) For an authentic Oriental flavor, when sauteing chicken in Step 5, substitute 2 Tbsp of sesame oil for 2 Tbsp of vegetable oil for each 25 servings.

2) Fresh vegetable mixes can be varied to include combinations of bean sprouts, broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.

SERVING: 1 cup (2 No. 8 scoops) provides 2 oz of meat and ⅞ cup of vegetable

YIELD:
25 servings: 11 lb 10 oz
50 servings: 23 lb 4 oz

Variations:

a. Beef Stir-Fry

25 servings: Follow Steps 1 through 4. In Step 5, use 5 lb 2 oz of boneless beef top round, cut in ½" cubes. Saute beef cubes for 2 to 3 minutes, **until no signs of pink remain.**

50 servings: Follow Steps 1 through 4. In Step 5, use 10 lb 4 oz of boneless beef top round, cut in ½" cubes. Saute beef cubes for 2 to 3 minutes, **until no signs of pink remain.**

b. Pork Stir-Fry

25 servings: Follow Steps 1 through 4. In Step 5, use 5 lb 12 oz of boneless pork shoulder or loin, cut in ½" cubes. Saute pork cubes for 3 to 5 minutes, **until no signs of pink remain.**

50 servings: Follow Steps 1 through 4. In Step 5, use 11 lb 9 oz of boneless pork shoulder or loin, cut in ½" cubes. Saute pork cubes for 3 to 5 minutes, **until no signs of pink remain.**

Nutrients Per Serving

Calories	208	Saturated Fat	1.4 g	Iron	1.5 mg
Protein	22 g	Cholesterol	47 mg	Calcium	51 mg
Carbohydrate	12 g	Vitamin A	1355 RE/13640 IU	Sodium	251 mg
Total Fat	8.1 g	Vitamin C	46 mg	Dietary Fiber	3 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Broccoli	3 lb 8 oz	6 lb 15 oz	
Carrots	4 lb	8 lb 1 oz	
Onions	12 oz	1 lb 7 oz	

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Meat Lasagna

Meat/Meat Alternate • Vegetable • Grains/Breads

Main Dishes D-19

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat)	1 lb 10 oz		3 lb 4 oz			1. Brown ground beef. Drain. Add onions and garlic powder. Cook for 5 minutes.
*Onions, chopped	1 lb 8 oz	1 qt	3 lb	2 qt		
OR						
Dehydrated onions		¾ cup 2 Tbsp	6 oz	1¾ cups		
Garlic powder		1 Tbsp		2 Tbsp		
Black pepper		½ tsp		1 tsp		2. Add pepper, parsley flakes, canned tomatoes, tomato paste, water, and seasonings. Heat to boiling, uncovered. Remove from heat.
Parsley flakes		2 Tbsp		¼ cup		
Canned tomatoes, with liquid, chopped	2 lb 2 oz	1 qt	4 lb 4 oz	2 qt		
Tomato paste	14 oz	1½ cups	1 lb 12 oz	3 cups		
Water		1 qt 2 cups		3 qt		
Seasonings:						
Flaked basil		1 Tbsp 1½ tsp		3 Tbsp		
Flaked oregano		1 Tbsp 1½ tsp		3 Tbsp		
Flaked marjoram		1½ tsp		1 Tbsp		
Flaked thyme		½ tsp		1 tsp		

*See Marketing Guide.

(over)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lasagna noodles, uncooked ... Processed American cheese, shredded .... Mozzarella cheese, shredded..	1 lb 1 oz .... 12 oz .... 1 lb 3 oz	.... 3¼ cups 2 Tbsp 1 qt ¾ cup....	2 lb 2 oz .... 1 lb 9 oz .... 2 lb 6 oz	.... 1 qt 2¾ cups 2 qt 1½ cups	....	3. **To Assemble:** For 25 servings, use 1 steamtable pan (12" x 20" x 2½"). For 50 servings, use 2 steamtable pans. Assemble as follows: • 1st layer - 1 qt ½ cup sauce • 2nd layer - 10 uncooked noodles lengthwise • 3rd layer - 1 qt ½ cup sauce • 4th layer - 6½ oz processed American cheese (1¾ cups) and 10 oz mozzarella cheese (2½ cups) • 5th layer - 10 uncooked noodles crosswise • 6th layer - 1 qt ¾ cup sauce • 7th layer - 6 oz processed American cheese (1½ cups 2 Tbsp) and 9 oz mozzarella cheese (2¼ cups) 4. Tightly cover pans.
						5. **To Bake:** Conventional Oven 350°F, 1¼ hours to 1½ hours Convection Oven 325°F, 45 minutes 6. Remove pans from oven. Uncover. Let stand for 15 minutes before serving. 7. Cut each pan 5 x 5 (25 pieces).

SERVING: 1 piece provides the equivalent of 2 oz of cooked lean meat, ½ cup of vegetable, and the equivalent of ½ slice of bread

YIELD: 25 servings: 1 steamtable pan
50 servings: 2 steamtable pans

Nutrients Per Serving

Calories	271	Saturated Fat	6.6 g	Iron	2.5 mg
Protein	17 g	Cholesterol	44 mg	Calcium	270 mg
Carbohydrate	23 g	Vitamin A	149 RE/992 IU	Sodium	396 mg
Total Fat	12.3 g	Vitamin C	15 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions	1 lb 12 oz	3 lb 7 oz	....

Macaroni and Cheese

Meat Alternate • Grains/Breads

Main Dishes D-20

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Elbow macaroni	1 lb 5 oz	1 qt 1 cup	2 lb 10 oz	2 qt 2 cups		1. Cook macaroni in boiling water until firm-tender, 8 minutes. Drain and rinse in cold water.
Margarine or butter	6 oz	¾ cup	12 oz	1½ cups		2. Melt margarine or butter in a stock pot or sauce pan.
All-purpose flour	6 oz	1 cup 2 Tbsp	12 oz	2¼ cups		
Salt		2½ tsp		1 Tbsp 2 tsp		3. Combine flour, salt, dry mustard, white pepper, and paprika in a bowl. Add to the melted margarine or butter. Cook this for 2 minutes over medium heat, stirring continuously. Do not brown.
Dry mustard		1½ tsp		1 Tbsp		
White pepper		½ tsp		1 tsp		
Paprika		1½ tsp		1 Tbsp		
Lowfat milk or reconstituted instant nonfat dry milk		2 qt 2 cups		1 gal 1 qt		4. In a stock pot or sauce pan, heat milk to a simmer. Slowly add this heated milk to the flour mixture, stirring continuously. Cook until smooth and thickened.
Worcestershire sauce		1 tsp		2 tsp		5. Add Worcestershire sauce, shredded cheddar cheese, and grated Parmesan to the white sauce. Stir over low heat until cheese melts.
Lowfat cheddar cheese, shredded	1 lb 4 oz	1 qt 1 cup	2 lb 8 oz	2 qt 2 cups		
Parmesan cheese, grated		½ cup	4 oz	1 cup		

(over)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						6. Combine well-drained macaroni and sauce. Mix well. Place 10 lb 6 oz (1 gal 1 qt) into each 12" x 20" x 2½" steamtable pan. Cover with a lid or foil. **To Bake:** Conventional Oven 350°F, 30 minutes Convection Oven 325°F, 25 minutes **Bake until thoroughly heated (165°F).**
Soft bread crumbs		1 cup	6 oz	2 cups		7. Combine the bread crumbs and shredded cheddar cheese in a bowl. Sprinkle 11 oz (3 cups) over each steamtable pan. 8. Bake an additional 5 minutes, uncovered, until lightly browned. 9. Each pan provides 25 servings.
Lowfat cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt		

SERVING: 1 cup provides 1 oz of cheese and the equivalent of 1½ slices of bread

YIELD:
25 servings: 10 lb 14 oz
50 servings: 21 lb 12 oz

Special Tips: 1) Macaroni and cheese can also be combined in the steamtable pan as follows:

Place 3 lb 1 oz (2 qt 2 cups) of well-drained macaroni and 7 lb 5 oz (2 qt 3 cups) of sauce in each 12" x 20" x 2½" steamtable pan. Stir to combine, then proceed with Step 6.

2) Fresh sliced tomatoes (½ oz per portion) make an excellent garnish.

Nutrients Per Serving

Calories	277	Saturated Fat	3.7 g	Iron	1.6 mg
Protein	16 g	Cholesterol	12 mg	Calcium	296 mg
Carbohydrate	30 g	Vitamin A	158 RE/599 IU	Sodium	604 mg
Total Fat	10.1 g	Vitamin C	1 mg	Dietary Fiber	1 g

Variation:

a. Macaroni and Cheese with Ham

25 servings: Follow Steps 1 through 4. In Step 5, use 1 lb (1 qt) shredded cheese and 8 oz (1½ cups) diced cooked ham. Continue with Steps 6 through 9.

50 servings: Follow Steps 1 through 4. In Step 5, use 2 lb (2 qt) shredded cheese and 1 lb (3 cups) diced cooked ham. Continue with Steps 6 through 9.

Beef or Pork Burrito

Meat/Meat Alternate • Vegetable • Grains/Breads

Main Dishes D-21

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat)	2 lb 3 oz		4 lb 5 oz			1. Brown ground beef or pork. Drain.
OR						
Raw ground pork (no more than 24% fat)	2 lb 3 oz		4 lb 5 oz			
*Onions, chopped		¼ cup 3 Tbsp	5 oz	¾ cup 2 Tbsp		2. Add onions, garlic powder, pepper, tomato paste, water, and seasonings. Blend well. Simmer for 30 minutes.
OR						
Dehydrated onions		2 Tbsp 1 tsp		¼ cup 2 tsp		
Garlic powder		1½ tsp		1 Tbsp		
Black pepper		1 tsp		2 tsp		
Tomato paste	14 oz	1½ cups	1 lb 12 oz	3 cups		
Water		3 cups		1 qt 2 cups		
Seasonings:						
Chili powder		1 Tbsp 1½ tsp		3 Tbsp		
Ground cumin		1 Tbsp		2 Tbsp		
Paprika		1½ tsp		1 Tbsp		
Onion powder		1½ tsp		1 Tbsp		
Cheddar cheese, shredded	1 lb 10 oz	1 qt 3¼ cups	3 lb 3 oz	3 qt 2½ cups		3. Combine shredded cheese with meat mixture.

*See Marketing Guide.

(over)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Flour tortillas (at least 1.1 oz each)	....	25 each	....	50 each	....	4. Steam tortillas for 3 minutes or until warm. 5. Portion meat-cheese mixture (from Step 3) with No. 12 scoop (⅓ cup) onto each tortilla. Fold tortilla around filling "envelope style." (See illustration on page 4.) 6. Place folded burritos seam side down on lightly oiled sheet pans (18" x 26" x 1"), 33 to 35 burritos per pan. 7. **To Bake:** Conventional Oven 375°F, 15 minutes Convection Oven 325°F, 15 minutes
Cheddar cheese, shredded (optional)	7 oz	1¾ cups 2 Tbsp	13 oz	3¾ cups	....	8. Sprinkle shredded cheese (optional) evenly over burritos before serving.

SERVING: 1 burrito provides the equivalent of 2 oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 1 slice of bread

YIELD:
25 servings: 25 burritos (¾ sheet pan)
50 servings: 50 burritos (1½ sheet pans)

Variation:

a. Bean Burrito

25 servings: Omit Step 1. In Step 2, use 2 cups water. Simmer tomato mixture 15 minutes. In Step 3, in place of meat, use 2 lb 5 oz (1 qt 2¼ cups) cooked dry pinto beans (see Marketing Guide and preparation note) or 1 qt 3½ cups canned, drained pinto beans. Mash beans to a smooth consistency. Continue with Steps 4 through 8.

50 servings: Omit Step 1. In Step 2, use 1 qt water. Simmer tomato mixture 15 minutes. In Step 3, in place of meat, use 4 lb 10 oz (3 qt ½ cup) cooked dry pinto beans (see Marketing Guide and preparation note) or 1 No. 10 can + 3 cups drained pinto beans. Mash beans to a smooth consistency. Continue with Steps 4 through 8.

Preparation Note:

Soaking Beans

Overnight method: Add 1¾ qt cold water to each 1 lb dry beans. Cover. Let stand overnight in refrigerator.

Quick-soak method: Boil 1¾ qt cold water for each 1 lb dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

Cooking Beans
Once the beans have been soaked, add ½ tsp salt (optional) for each 1 lb dry beans. Boil gently with lid tilted until tender, about 2 hours.

1 lb dry beans = approximately 2½ cups dry beans
1 lb dry beans = 6¼ cups cooked beans

Marketing Guide for Selected Items Beef or Pork Burrito

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions	3 oz	6 oz	....

Marketing Guide for Selected Items Bean Burrito

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions	3 oz	6 oz	....
Pinto beans, dry.......	1 lb	2 lb............	....

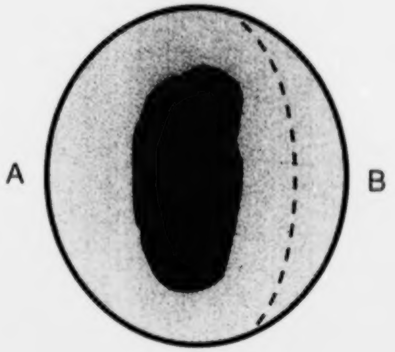
Nutrients Per Serving

Calories	341	Saturated Fat	8.6 g	Iron	2.9 mg
Protein	18 g	Cholesterol	55 mg	Calcium	274 mg
Carbohydrate	27 g	Vitamin A	151 RE/942 IU	Sodium	408 mg
Total Fat	17.8 g	Vitamin C	8 mg	Dietary Fiber	2 g

Step 1

Place one scoop of filling in an oblong shape in the middle of a tortilla. Fold edge A to B (on dotted line). (Figure 1)

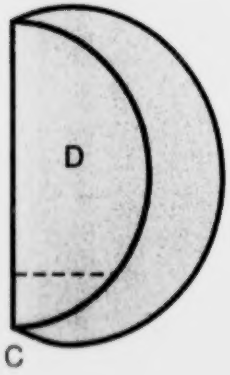
Figure 1



Step 2

Fold edge C to line D (on dotted line), approximately 2 inches from bottom edge. (Figure 2)

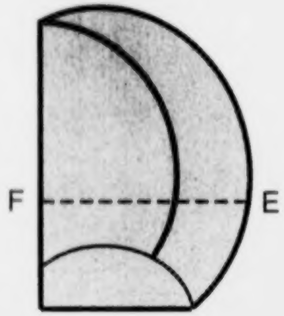
Figure 2



Step 3

Fold edge E to opposite edge, F. (Figure 3)

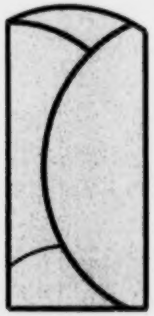
Figure 3



Step 4

A finished burrito should look like Figure 4.

Figure 4



Ground Beef and Spanish Rice

Meat • Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat)	4 lb 5 oz		8 lb 10 oz			1. Brown ground beef. Drain off fat. 2. Add onions and green peppers. Cook approximately 5 minutes.
*Onions, chopped	8 oz	1¼ cups	15 oz	2½ cups		
OR						
Dehydrated onions		¼ cup		½ cup		
*Fresh green pepper, chopped	6 oz	1 cup	10½ oz	2 cups		
Beef stock or water		1 qt 3½ cups		3 qt 3 cups		3. Add beef stock or water, tomatoes, tomato paste, and seasonings. Bring to a boil.
Canned tomatoes, with liquid, chopped	1 lb 4 oz	2¼ cups	2 lb 6½ oz	1 qt ½ cup		
Tomato paste	7 oz	¾ cup	14 oz	1½ cups		
Seasonings:						
Chili powder		1 Tbsp		2 Tbsp		
Ground cumin		2¼ tsp		1 Tbsp 1½ tsp		
Paprika		¾ tsp		1½ tsp		
Onion powder		¾ tsp		1½ tsp		
White rice	1 lb 8 oz	3½ cups	2 lb 15 oz	1 qt 3 cups		4. Stir in rice. Return to a boil. Reduce heat and cover tightly. Cook over low heat for 20 to 30 minutes or until rice is tender. 5. Pour into serving pans or bowls. 6. Portion with No. 6 scoop (⅔) cup).

*See Marketing Guide.

(over)

SERVING: ⅔ cup (No. 6 scoop) provides 2 oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 1 slice of bread

YIELD:
25 servings: 1 gal 2 cups (approximately)
50 servings: 2 gal 1 qt (approximately)

Nutrients Per Serving

Calories	272	Saturated Fat	4.2 g	Iron	2.9 mg
Protein	17 g	Cholesterol	48 mg	Calcium	31 mg
Carbohydrate	26 g	Vitamin A	51 RE/515 IU	Sodium	498 mg
Total Fat	10.9 g	Vitamin C	12 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions	9 oz	1 lb 1½ oz ..	....
Green pepper	7 oz	13½ oz	....

Pizza with Ground Beef Topping

Meat/Meat Alternate • Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Pizza dough in pans (18" x 26" x 1")		1¼ sheet pans		2½ sheet pans		1. For pizza crust, use Pizza Crust recipe (A-17).
Raw ground beef (no more than 24% fat)	2 lb 3 oz		4 lb 6 oz			2. **For pizza topping:** Brown ground beef. Drain off fat and discard. Add onions and garlic powder. Cook for 5 minutes.
*Onions, chopped	8 oz	1⅓ cups	1 lb	2½ cups 2 Tbsp		
OR						
Dehydrated onions		¼ cup 1½ tsp		½ cup 1 Tbsp		
Garlic powder		1 tsp		2¼ tsp		
Black pepper		¾ tsp		1½ tsp		3. Add pepper, tomato paste, water, and seasonings. Simmer for 15 minutes.
Tomato paste	14 oz	1½ cups	1 lb 12 oz	3 cups		
Water		3½ cups		1 qt 3 cups		
Seasonings:						
Flaked basil		1 Tbsp 1½ tsp		3 Tbsp		
Flaked oregano		1 Tbsp 1½ tsp		3 Tbsp		
Flaked marjoram		1 Tbsp 1½ tsp		3 Tbsp		
Flaked thyme		¾ tsp		1½ tsp		

*See Marketing Guide.

(over)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Mozzarella cheese, shredded..	1 lb 9 oz	1 qt 2¼ cups	3 lb 2 oz	3 qt ½ cup ...	....	4. Sprinkle 8 oz (2 cups) shredded cheese evenly over each pizza crust. 5. Spread 1 qt 1 cup beef mixture over cheese in each pan. 6. Sprinkle 12 oz (3 cups) shredded cheese evenly over topping in each pan.
						7. **To Bake:** Conventional Oven 475°F, 15 to18 minutes Convection Oven 450°F, 15 minutes Bake until crust is lightly browned. 8. Cut each pan 4 x 5 (20 pieces per pan).

SERVING: 1 piece provides the equivalent of 2 oz of cooked lean meat, ¼ cup vegetable, and the equivalent of 2 slices of bread

YIELD: 25 servings: 1¼ sheet pans
50 servings: 2½ sheet pans

Variation

a. Pizza with Cheese Topping

25 and 50 servings: Omit ground beef and double the amount of mozzarella cheese. Proceed with recipe as written.

Special Tip: In the Pizza with Ground Beef Topping recipe: If *reduced-fat* mozzarella cheese is substituted for the *regular* part-skim mozzarella, calories are reduced by 9, total fat by 1.4 grams, saturated fat by .9 grams, and cholesterol by 7 mg.

In the Pizza with Cheese Topping variation (above): If *reduced-fat* mozzarella cheese is substituted for the *regular* part-skim mozzarella, calories are reduced by 17, total fat by 3.0 grams, saturated fat by 1.8 grams, and cholesterol by 14 mg.

Nutrients Per Serving

Calories	307	Saturated Fat	5.2 g	Iron	3.2 mg
Protein	18 g	Cholesterol	41 mg	Calcium	215 mg
Carbohydrate	32 g	Vitamin A	95 RE/615 IU	Sodium	226 mg
Total Fat	11.8 g	Vitamin C	8 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions	9 oz	1 lb 2 oz	....

Beef or Pork Taco

Meat/Meat Alternate • Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat)	3 lb 4 oz		6 lb 7 oz			1. Brown ground beef or pork. Drain.
OR						
Raw ground pork (no more than 24% fat)	3 lb 4 oz		6 lb 7 oz			
*Onions, chopped		1/4 cup 3 Tbsp	5 oz	3/4 cup 2 Tbsp		2. Add onions, garlic powder, pepper, tomato paste, water, and seasonings. Blend well. Bring to a boil. Reduce heat and simmer for 25 to 30 minutes.
OR						
Dehydrated onions		2 Tbsp 1 tsp		1/4 cup 2 tsp		
Garlic powder		2 1/4 tsp		1 Tbsp 1 1/2 tsp		
Black pepper		1 tsp		2 tsp		
Tomato paste	7 oz	3/4 cup	14 oz	1 1/2 cups		
Water		2 cups		1 qt		
Seasonings:						
Chili powder		1 Tbsp		2 Tbsp		
Ground cumin		2 1/4 tsp		1 Tbsp 1 1/2 tsp		
Paprika		3/4 tsp		1 1/2 tsp		
Onion powder		3/4 tsp		1 1/2 tsp		

*See Marketing Guide.

(over)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Cheddar cheese, shredded...... *Fresh tomatoes, chopped ..... *Fresh lettuce, shredded........	13 oz .... 10 oz .... 1 lb 1 oz	3¾ cups .... 1½ cups........ 2 qt ½ cup....	1 lb 10 oz ..... 1 lb 4 oz .... 2 lb 2 oz	1 qt 3½ cups 3 cups........... 1 gal 1 cup ...	....	3. **For topping**: Set cheese aside for Step 4. Combine tomatoes and lettuce. Toss lightly and set aside for Step 4.
Taco shells (at least 0.45 oz each)	....	50 each	....	100 each.......	....	4. **Serving suggestions**: Serve 2 tacos per person one of the following ways: A. Before serving, fill each taco shell with 2 Tbsp meat mixture. On each plate serve: 2 tacos; No. 10 scoop (3/8 cup) lettuce-tomato mixture; and ½ oz (2 Tbsp 1 tsp) shredded cheese. **OR** B. 1. Pre-portion No. 10 scoop (3/8 cup) lettuce-tomato mixture and ½ oz (2 Tbsp 1 tsp) shredded cheese into individual souffle cups. Refrigerate until service. 2. Transfer meat mixture and taco shells to steamtable pans or place on tables. For each child, serve two unfilled taco shells; No. 16 scoop (¼ cup) meat mixture; 1 pre-portioned souffle cup of lettuce-tomato mixture; and 1 pre-portioned souffle cup of shredded cheese. Instruct children to "build" their own tacos.

*See Marketing Guide.

SERVING: 2 tacos provide the equivalent of 2 oz of cooked lean meat, ½ cup of vegetable, and the equivalent of 1 slice of bread

YIELD:
25 servings: 50 tacos
50 servings: 100 tacos

Variation:

a. Bean Taco

25 servings: Omit Step 1. In Step 2, use 3 lb 9 oz (2 qt 1½ cups) cooked dry pinto beans (see Marketing Guide and preparation note below) or 2 qt 2½ cups drained canned pinto beans. Puree beans to a smooth consistency. Continue with Steps 3 and 4.

50 servings: Omit Step 1. In Step 2, use 7 lb 2 oz (1 gal 3 cups) cooked dry pinto beans (see Marketing Guide and preparation note below) or 1 No. 10 can + 2 qt 1 cup drained pinto beans. Puree beans to a smooth consistency. Continue with Steps 3 and 4.

Preparation Note:

SOAKING BEANS

Overnight method: Add 1¾ qt cold water to each 1 lb dry beans. Cover. Let stand overnight in refrigerator.

Quick-soak method: Boil 1¾ qt water for each 1 lb dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked, add ½ tsp salt (optional) for each 1 lb dry beans. Boil gently with lid tilted until beans are tender, about 2 hours.

1 lb dry beans = approximately 2½ cups dry beans
1 lb dry beans = approximately 6¼ cups cooked beans

Marketing Guide for Selected Items Beef or Pork Taco

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions	3 oz	5¾ oz	
Tomatoes	10 oz	1 lb 4½ oz	
Head lettuce	1 lb 7 oz	2 lb 13 oz	

Marketing Guide for Selected Items Bean Taco

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Pinto beans, dry	1 lb 8 oz	3 lb	
Mature onions	3 oz	5¾ oz	
Tomatoes	10 oz	1 lb 4½ oz	
Head lettuce	1 lb 7 oz	2 lb 13 oz	

Nutrients Per Serving

Calories	311	Saturated Fat	7.0 g	Iron	2.2 mg
Protein	17 g	Cholesterol	51 mg	Calcium	165 mg
Carbohydrate	20 g	Vitamin A	101 RE/724 IU	Sodium	232 mg
Total Fat	18.7 g	Vitamin C	7 mg	Dietary Fiber	3 g

Chili Con Carne

Meat/Meat Alternate • Vegetable

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat)	3 lb 8 oz		7 lb			1. Brown ground beef. Drain off fat.
*Onions, chopped	8 oz	1⅓ cups	1 lb	2⅔ cups		2. Add onions, garlic powder, green pepper (optional), black pepper, and seasonings. Cook for 5 minutes.
OR						
Dehydrated onions		¼ cup 1½ tsp		½ cup 1 Tbsp		
Garlic powder		2¼ tsp		1 Tbsp 1½ tsp		
Fresh green pepper, chopped (optional)	4 oz	¾ cup	8 oz	1½ cups		
Black pepper		1 tsp		2 tsp		
Seasonings:						
Chili powder		1 Tbsp 1½ tsp		3 Tbsp		
Paprika		1½ tsp		1 Tbsp		
Onion powder		1½ tsp		1 Tbsp		
Ground cumin		1 Tbsp		2 Tbsp		
Canned tomatoes, with liquid, chopped	1 lb 10 oz	3 cups	3 lb 3 oz	1 qt 2 cups		3. Stir in tomatoes, water, and tomato paste. Mix well. Bring to a boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.
Water		1 qt ½ cup		2 qt 1 cup		
Tomato paste	14 oz	1½ cups	1 lb 12 oz	3 cups		

*See Marketing Guide.

(over)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned pinto or kidney beans, drained	1 lb 11 oz	3 cups	3 lb 6 oz	1 qt 2 cups		4. Stir in beans. Cover and simmer about 10 minutes or until hot **(165°F).**
OR						
*Cooked dry pinto or kidney beans (See preparation note)	1 lb	2¾ cups	2 lb 1 oz	1 qt 1½ cups		
Cheddar cheese, shredded (optional)	12 oz	3½ cups	1 lb 8 oz	1 qt 3 cups		5. Pour into serving pans or bowls. 6. Portion with 4-oz ladle (½ cup). Garnish with cheese (optional).

*See Marketing Guide.

SERVING: ½ cup (4-oz ladle) provides 2 oz of cooked lean meat and ⅛ cup of vegetable

YIELD:
25 servings: 3 qt (approximately)
50 servings: 1 gal 2 qt (approximately)

Preparation Note:

SOAKING BEANS

Overnight method: Add 1¾ qt cold water to each 1 lb dry beans. Cover. Let stand overnight in refrigerator.

Quick-soak method: Boil 1¾ qt water for each 1 lb dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked, add ½ tsp salt (optional) for each 1 lb of dry beans. Boil gently with lid tilted until beans are tender, about 2 hours.

1 lb dry beans = approximately 2½ cups dry beans
1 lb dry beans = approximately 6¼ cups cooked beans

Nutrients Per Serving

Calories	177	Saturated Fat	3.4 g	Iron	2.7 mg
Protein	14 g	Cholesterol	39 mg	Calcium	45 mg
Carbohydrate	11 g	Vitamin A	81 RE/814 IU	Sodium	228 mg
Total Fat	8.9 g	Vitamin C	13 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions	9 oz	1 lb 2 oz	....
Green peppers	5 oz	10¼ oz	....
Pinto or kidney beans, dry	7 oz	14 oz	....

Vegetable Chili

Meat Alternate • Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil		2 Tbsp		¼ cup		1. Heat oil in a heavy pot.
*Onions, chopped	10 oz	2 cups	1 lb 4 oz	1 qt		2. Add chopped onions and saute 3 minutes, until translucent.
OR						
+Dehydrated onions		½ cup		1 cup		
*Fresh green pepper, chopped	4½ oz	1 cup	9 oz	2 cups		3. Add chopped green peppers and saute 2 minutes, until tender.
OR						
+Dried green peppers		2 Tbsp 2 tsp		⅓ cup		
Chili powder		¼ cup 2 Tbsp		¾ cup		4. Add chili powder, cumin, granulated garlic, onion salt, brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
Cumin		2 Tbsp		¼ cup		
Granulated garlic		2 tsp		1 Tbsp 1 tsp		
Onion salt		1 tsp		2 tsp		
Red hot sauce (optional)		2 Tbsp		¼ cup		
Brown sugar		¼ cup	4 oz	½ cup		
Canned crushed tomatoes	3 lb 6 oz	1 qt 2 cups	6 lb 11 oz	1 No. 10 can		
Canned diced tomatoes, drained	8 oz	1¼ cups	1 lb	2½ cups		
Canned kidney beans, drained	4 lb	1 qt 2¼ cups	8 lb 1 oz	3 qt ½ cup		5. Add kidney beans, bulgur wheat, and water. Simmer 15 minutes, uncovered.
No. 3 bulgur wheat	8 oz	1½ cups	1 lb	3 cups		
Water		2 cups		1 qt		
Lowfat plain yogurt	1 lb	2 cups	2 lb	1 qt		6. Add yogurt and stir to blend.
Lowfat cheddar cheese, shredded	1 lb 9 oz	1 qt 2¼ cups	3 lb 2 oz	3 qt ½ cup		7. Sprinkle ¼ cup of cheddar cheese on top of each serving.

*See Marketing Guide.

+When using dried vegetables, rehydrate in an equal amount of water. Do not drain before using.

(over)

SERVING: ¾ cup (6-oz ladle) provides the equivalent of 2 oz of cooked lean meat, ½ cup of vegetable, and the equivalent of ¼ slice of bread

YIELD:
25 servings: 10 lb 3 oz
50 servings: 20 lb 6 oz

VOLUME:
25 servings: 3 qt 3 cups
50 servings: 1 gal 3 qt 2 cups

Special Tips: This can be used as a filling in: Tacos (D-24); Taco Salad (E-13); or Burritos (D-21). If the chili becomes too thick, thin with water.

Nutrients Per Serving

Calories	201	Saturated Fat	1.7 g	Iron	2.5 mg
Protein	15 g	Cholesterol	7 mg	Calcium	214 mg
Carbohydrate	27 g	Vitamin A	126 RE/1130 IU	Sodium	637 mg
Total Fat	4.5 g	Vitamin C	17 mg	Dietary Fiber	7 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	12 oz	1 lb 7 oz	
Green peppers	6 oz	12 oz	

Vegetable Lasagna

Meat Alternate • Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lasagna noodles	1 lb 7 oz	23 each	2 lb 13 oz	45 each		1. Cook lasagna noodles in a stock pot or steam-jacketed kettle for 10 to 12 minutes, until tender. Drain.
Vegetable oil		2 Tbsp		¼ cup		2. In a pan, heat the vegetable oil. Add zucchini, mushrooms, and onions. Saute for 3 minutes, until tender. Stir in flour and cook for 3 minutes. Remove from heat and set aside.
*Fresh zucchini, sliced	8 oz	1¼ cups	1 lb	2½ cups		
*Fresh mushrooms, sliced	6 oz	2½ cups	12 oz	1 qt 1 cup		
OR						
Canned mushrooms, sliced, drained	4 oz	½ cup	8 oz	1 cup		
*Onions, chopped	4½ oz	¾ cup	9 oz	1½ cups		
All-purpose flour		¼ cup		½ cup		
Frozen broccoli pieces	1 lb 4 oz	1 qt 2 cups	2 lb 8 oz	3 qt		3. Place broccoli in a steam basket or microwave and cook for 6 minutes, or until tender. Drain well and set aside.
Tomato sauce	4 lb	1 qt 3½ cups	8 lb 1 oz	1 No. 10 can + 3 cups		4. In a heavy kettle, heat the tomato sauce and tomato paste. Add the oregano and garlic powder. Simmer, uncovered, for 30 minutes.
Tomato paste	1 lb	1¾ cups	2 lb	3½ cups		
Dried oregano leaves		3 Tbsp		¼ cup 2 Tbsp		
Garlic powder		¾ tsp		1¾ tsp		

*See Marketing Guide.

(over)

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
						5. Add the sauteed vegetables and steamed broccoli to the tomato sauce. Stir to combine. Simmer for 10 minutes.
Lowfat cottage cheese, drained	4 lb	2 qt	8 lb	1 gal		6. In a large bowl, combine the lowfat cottage cheese, dried parsley, garlic salt, and bread crumbs. Mix well. Set aside.
Dried parsley		2 Tbsp		¼ cup		
Garlic salt		1 tsp		2 tsp		
Dry bread crumbs	4 oz	1 cup	8 oz	2 cups		
Parmesan cheese, grated		¼ cup		½ cup		7. Combine Parmesan cheese and mozzarella cheese.
Lowfat mozzarella cheese, grated	15 oz	3¾ cups	1 lb 14 oz	1 qt 3½ cups		8. Spread 1 cup of vegetable sauce on the bottom of each 12" x 20" x 2½" steamtable pan to prevent sticking. **Assembly** *First Layer*: a. 7½ lasagna noodles b. 1 qt cottage cheese mixture c. 1 qt 1 cup vegetable sauce d. 2¼ cups Parmesan-mozzarella cheese mixture *Second Layer:* Repeat first layer. *Third Layer:* e. 7½ lasagna noodles f. 2½ cups vegetable sauce

SERVING: 1 piece provides 2 oz of cheese, ¾ cup of vegetable, and the equivalent of 1¼ slice of bread

YIELD:
25 servings: 12 lb 14 oz
50 servings: 25 lb 12 oz

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Parmesan cheese, grated........	....	½ cup	4 oz...............	1 cup	....	9. Sprinkle ½ cup of Parmesan cheese over each pan of lasagna. Cover with plastic wrap and foil. **To Bake:** Conventional Oven 375°F, 50 minutes Convection Oven 350°F, 40 minutes Bake until bubbling. 10. Remove from oven and allow to set for 15 minutes before serving. Cut each pan 5 x 5 (25 portions per pan).

Nutrients Per Serving

Calories	268	Saturated Fat	3.3 g	Iron	2.8 mg
Protein	21 g	Cholesterol	15 mg	Calcium	264 mg
Carbohydrate	32 g	Vitamin A	213 RE/1823 IU	Sodium	1017 mg
Total Fat	6.8 g	Vitamin C	29 mg	Dietary Fiber	4 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Zucchini	8 oz	1 lb 1 oz	....
Mushrooms	6 oz	12 oz	....
Onions	5 oz	10 oz	....

Meat Loaf

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Tomato paste	7 oz	3/4 cup	14 oz	1 1/2 cups		1. Combine tomato paste, water, stock, and dry milk in mixer. Mix on medium speed for 2 minutes.
Water		1/2 cup		1 cup		
Beef stock		1 cup		2 cups		
Instant nonfat dry milk		1/2 cup		1 cup		
Raw ground beef (no more than 24% fat)	4 lb 4 oz		8 lb 8 oz			2. Add ground beef, oats, eggs, onions, celery, parsley flakes, pepper, garlic powder, and seasonings. Mix on low speed for 3 minutes or until blended. **DO NOT OVERMIX.** 3. For 50 servings, place 12 lb 14 oz (1 gal 3 3/4 qt) mixture into a steamtable pan (12" x 20" x 2 1/2"). For 25 servings, place 6 lb 7 oz (3 qt 3 1/2 cups) into a half-steamtable pan (12" x 10" x 2 1/2"). 4. Press mixture into steamtable pans. Smooth top. For 50 servings, separate mixture down the middle lengthwise into 2 equal loaves. For 25 servings, shape mixture into 1 loaf.
Rolled oats	7 oz	2 3/4 cups	14 oz	1 qt 1 1/2 cups		
Fresh large eggs		2 each		4 each		
OR						
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup		
*Onions, chopped	4 oz	2/3 cup	8 oz	1 1/3 cups		
OR						
Dehydrated onions		2 Tbsp 2 tsp		1/3 cup		
*Fresh celery, chopped	4 oz	3/4 cup 3 Tbsp	8 oz	1 3/4 cups 2 Tbsp		
Parsley flakes		2 Tbsp		1/4 cup		
Black pepper		3/4 tsp		1 1/2 tsp		
Garlic powder		1 1/2 tsp		1 Tbsp		

*See Marketing Guide.

(over)

SERVING: 1 slice (3/4" thick) provides 2 oz of cooked lean meat and the equivalent of 1/4 slice of bread

YIELD:
25 servings: 1 loaf (25 slices)
50 servings: 2 loaves (50 slices)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Seasonings:						5. **To Bake:**
Flaked basil	....	1/2 tsp	....	3/4 tsp	....	Conventional Oven 350°F, 1 1/4 to 1 1/2 hours
Flaked oregano	....	1/2 tsp	....	3/4 tsp	....	Convection Oven 275°F, 1 to 1 1/4 hours
Flaked marjoram	....	1/4 tsp	....	1/2 tsp	....	6. Drain fat from pans. Let meat loaf stand 20 minutes. Slice each loaf into 25 slices, each approximately 3/4" thick.
Flaked thyme	....	1/16 tsp	....	1/8 tsp	....	

Variation:

a. Meat Balls

25 servings: Follow Steps 1 and 2. In Step 3, portion with level No. 16 scoop (1/4 cup) into 2 steamtable pans, approximately 25 meat balls per pan. Omit Step 4. In Step 5, bake in a conventional oven at 375°F for 30 minutes or in a convection oven at 325°F for 20 minutes. In Step 6, drain fat from pans. Portion 2 meat balls per serving. Can be served as a meat-ball submarine sandwich.

50 servings: Follow Steps 1 and 2. In Step 3, portion with level No. 16 scoop (1/4 cup) into 4 steamtable pans, approximately 25 meat balls per pan. Omit Step 4. In Step 5, bake in a conventional oven at 375°F for 30 minutes or in a convection oven at 325°F for 20 minutes. In Step 6, drain fat from pans. Portion 2 meat balls per serving. Can be served as a meat-ball submarine sandwich.

Nutrients Per Serving

Calories	203	Saturated Fat	3.7 g	Iron	2.2 mg
Protein	16 g	Cholesterol	69 mg	Calcium	38 mg
Carbohydrate	9 g	Vitamin A	32 RE/265 IU	Sodium	130 mg
Total Fat	11.1 g	Vitamin C	4 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions	4 1/2 oz	9 1/4 oz	....
Celery	5 oz	9 3/4 oz	....

Oven-Baked Chicken

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken, cut up, thawed (USDA-donated, whole, cut into 8 pieces)	12 lb		24 lb			1. Rinse chicken in cold water. Drain well.
OR						
Chicken, cut up, thawed (USDA-donated, whole, cut into 9 pieces)	11 lb		22 lb			
All-purpose flour	8 oz	1¾ cups	1 lb	3½ cups		2. Combine flour, dry milk, poultry seasoning, pepper, paprika, and garlic powder. Mix well.
Instant nonfat dry milk	4 oz	1½ cups 2 Tbsp	8 oz	3¼ cups		
Poultry seasoning		2¼ tsp		1 Tbsp 1½ tsp		
Black pepper		1½ tsp		1 Tbsp		
Paprika		¾ tsp		1½ tsp		
Garlic powder		2¼ tsp		1 Tbsp 1½ tsp		
Vegetable oil		¾ cup		1½ cups		3. Place chicken pieces in large bowl. Drizzle oil over chicken. Toss to coat thoroughly. 4. Coat oiled chicken with seasoned flour. Place on ungreased sheet pans (18" x 26" x 1"), approximately 25 pieces per pan. 5. **To Bake:** Conventional Oven 400°F, 45 to 55 minutes Convection Oven 350°F, 30 to 35 minutes Bake until golden brown. 6. Transfer to steamtable pans or platters for serving.

(over)

SERVING: 1 portion (1 breast, or 1 drumstick and 1 wing, or 1 thigh with back) provides 2 oz of cooked poultry and the equivalent of ½ slice of bread

YIELD:
25 servings: 1 sheet pan
50 servings: 2 sheet pans

Nutrients Per Serving

Calories	320	Saturated Fat	4.0 g	Iron	1.7 mg
Protein	29 g	Cholesterol	100 mg	Calcium	75 mg
Carbohydrate	10 g	Vitamin A	49 RE/198 IU	Sodium	105 mg
Total Fat	17.5 g	Vitamin C	2 mg	Dietary Fiber	0 g

Turkey or Chicken Burrito

Meat/Meat Alternate • Vegetable • Grains/Breads

Main Dishes D-30

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground turkey (no more than 13% fat)	2 lb 6 oz		4 lb 11 oz			1. Cook the ground turkey or diced chicken over medium heat **until no longer pink,** about 10 to 15 minutes. Stir occasionally. Drain.
OR						
Raw diced chicken	2 lb 6 oz		4 lb 11 oz			
*Onions, chopped		¼ cup 3 Tbsp	5 oz	¾ cup 2 Tbsp		2. Add onions, garlic powder, pepper, tomato paste, water, and seasonings. Blend well. Simmer, covered, for 30 minutes.
OR						
Dehydrated onions		2 Tbsp 1 tsp		¼ cup 2 tsp		
Garlic powder		1½ tsp		1 Tbsp		
White pepper		½ tsp		1 tsp		
Tomato paste	14 oz	1½ cups	1 lb 12 oz	3 cups		
Water		3 cups		1 qt 2 cups		
Seasonings:						
Chili powder		2 Tbsp		¼ cup		
Ground cumin		2 Tbsp		¼ cup		
Paprika		1½ tsp		1 Tbsp		
Onion powder		1½ tsp		1 Tbsp		
Salt		1½ tsp		1 Tbsp		
Coriander (optional)		1½ tsp		1 Tbsp		
Cheddar cheese, shredded	1 lb 10 oz	1 qt 3¼ cups	3 lb 3 oz	3 qt 2½ cups		3. Stir shredded cheese into turkey or chicken mixture.

*See Marketing Guide.

(over)

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SERVING: 1 burrito provides the equivalent of 2 oz of cooked poultry, 1/4 cup of vegetable, and the equivalent of 1 slice of bread

YIELD:
25 servings: 25 burritos (3/4 sheet pan)
50 servings: 50 burritos (1 1/2 sheet pans)

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Flour tortillas (at least 0.9 oz each)	....	25 (7" to 8" ea)	....	50 (7" to 8" ea)	....	4. Steam tortillas for 3 minutes or until warm. 5. Portion turkey or chicken mixture with No. 12 scoop (1/3 cup) onto each tortilla. Fold tortilla around meat "envelope style." See illustration for Beef or Pork Burrito (D-21). 6. Place folded burrito, seam side down, on lightly oiled sheet pans (18" x 26" x 1"), 33 to 35 burritos per pan. 7. **To Bake:** Conventional Oven 375°F, 15 minutes Convection Oven 325°F, 15 minutes
Cheddar cheese, shredded (optional)	7 oz	1 3/4 cups 2 Tbs	13 oz............	3 1/4 cups	....	8. Sprinkle shredded cheese (optional) evenly over burritos before serving.

Nutrients Per Serving

Calories	331	Saturated Fat	7.5 g	Iron	2.8 mg
Protein	19 g	Cholesterol	59 mg	Calcium	278 mg
Carbohydrate	27 g	Vitamin A	157 RE/994 IU	Sodium	558 mg
Total Fat	16.4 g	Vitamin C	7 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions	3 oz	5 3/4 oz	....

E. Salads and Salad Dressings

Food Safety Tips

1. *Always* wash hands *before* beginning any food preparation.
2. *Always* wash hands *after* handling any raw animal products, such as meat, fish, poultry, and eggs. This is to prevent cross-contamination.
3. Keep all salad and salad dressing items well chilled at all times, 40°F.
4. It is helpful to pre-chill canned tuna, chicken, hard-cooked eggs, cheeses, etc., for salads. By doing this ahead of time, you will be sure to have a cold salad.

Recipes	Recipe Number
Dip for Fresh Vegetables	E-15
Salads	
Broccoli Salad	E-11
Carrot-Raisin Salad	E-5
Chicken or Turkey Salad	E-7
Cole Slaw	E-9
Macaroni Salad	E-10
Macaroni and Ham Salad (variation)	E-10a
Molded Fruit Salad	E-1
Molded Vegetable Salad (variation)	E-1a
Pasta-Vegetable Salad	E-8
Potato Salad	E-12
Rice Salad	E-2
Taco Salad	E-13
Three-Bean Salad	E-4
Waldorf-Fruit Salad	E-14
Salad Dressings	
French Dressing	E-16
Italian Dressing	E-17
Ranch Dressing	E-18
Submarine Sandwich Dressing	E-3
Thousand Island Dressing	E-6

Molded Fruit Salad

Fruit

Salads and Salad Dressings E-1

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lemon gelatin	12 oz	2½ cups	1 lb 8 oz	1 qt 1 cup		1. In a bowl, dissolve gelatin in boiling water. Add reserved pineapple juice, lemon juice, and yogurt. Whisk until smooth. 2. Freeze mixture for about 30 minutes, until it begins to set.
Water, boiling		2 cups		1 qt		
Pineapple juice, reserved from drained tidbits (below)		1 cup		2 cups		
Lemon juice		¼ cup		½ cup		
Lowfat plain yogurt	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt		
Chilled canned pineapple tidbits, drained (reserve juice)	1 lb	2 cups	2 lb	1 qt		3. Place 8 oz (1 cup) of pineapple tidbits and 8 oz (1 cup) of grape halves in each 3 qt gelatin mold or baking pan (13" x 9" x 2"). 4. In a mixing bowl, use the whip attachment on medium speed to beat the gelatin mixture for 5 minutes, until fluffy. 5. Pour 1 qt ½ cup (1 lb 12 oz) of whipped gelatin over the fruit in each mold and stir gently to blend. Refrigerate until set, at least 2 hours.
Chilled fresh red or white seedless grapes, halved	1 lb	2 cups	2 lb	1 qt		

(over)

SERVING: ³/₈ cup (No. 10 scoop) provides ¹/₈ cup of fruit

YIELD:
25 servings: 5 lb 8 oz
50 servings: 11 lb

Special Tip: This salad may also be prepared using fresh diced apples, canned mandarin oranges, canned diced peaches, or fresh grated carrots.

Variation:

a. Molded Vegetable Salad

25 servings: Follow Steps 1 and 2. In each of two 3-qt gelatin molds or baking pans (13" x 9" x 2"), place: 8 oz (3¹/₄ cups) shredded cabbage; 7 oz (1³/₄ cups) chopped celery; 2 Tbsp chopped green pepper; and 1 Tbsp chopped pimentos. Continue with Steps 4 and 5.

50 servings: Follow Steps 1 and 2. In each of two 3-qt gelatin molds or baking pans (13" x 9" x 2"), place: 8 oz (3¹/₄ cups) shredded cabbage; 7 oz (1³/₄ cups) chopped celery; 2 Tbsp chopped green pepper; and 1 Tbsp chopped pimentos. Continue with Steps 4 and 5.

Nutrients Per Serving

Calories	93	Saturated Fat	.2 g	Iron	.2 mg
Protein	2 g	Cholesterol	1 mg	Calcium	45 mg
Carbohydrate	21 g	Vitamin A	6 RE/43 IU	Sodium	51 mg
Total Fat	.4 g	Vitamin C	4 mg	Dietary Fiber	0 g

Rice Salad

Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
White rice	12 oz	1½ cups 2 Tbsp	1 lb 8 oz	3¼ cups		1. Combine rice, water, and salt in a half-steamtable pan (12" x 10" x 2"). Cover with plastic wrap and foil. 2. **To Steam:** Compartment Steamer 20 minutes **To Bake:** Conventional Oven 350°F, 25 minutes
Water		3¼ cups		1 qt 2½ cups		
Salt		1 tsp		2 tsp		
Tomato juice		¾ cup		1½ cups		3. In a mixing bowl, whisk together tomato juice, vinegar, vegetable oil, garlic, mustard, oregano, parsley, and pepper. 4. Place hot rice in a mixing bowl. Pour dressing over top and toss to thoroughly coat rice. Cover with plastic wrap and refrigerate for 1 hour.
Vinegar		1 Tbsp 1½ tsp		3 Tbsp		
Vegetable oil		1 Tbsp		2 Tbsp		
Garlic powder		1 tsp		2 tsp		
Ground mustard		½ tsp		1 tsp		
Dry oregano flakes		1 tsp		2 tsp		
Dry parsley flakes		1 Tbsp		2 Tbsp		
Black pepper		¼ tsp		½ tsp		
*Fresh carrots, shredded	6 oz	1⅔ cups	12 oz	3⅓ cups		5. To the rice, add: carrots, tomatoes, cucumbers, mixed vegetables, and beans. Stir to combine. **Cover and refrigerate until chilled and ready to serve.**
*Fresh tomatoes, ¼" dice		½ cup	6 oz	1 cup		
*Fresh cucumber, peeled, seeded, ¼" dice		½ cup	6 oz	1 cup		
Frozen mixed vegetables, thawed	12 oz	2¾ cups	1 lb 8 oz	1 qt 1½ cups		
Canned garbanzo beans, drained	10 oz	1 No. 303 can	1 lb 4 oz	2 No. 303 cans		

*See Marketing Guide.

(over)

SERVING: 1/3 cup (No. 12 scoop) provides
1/4 cup of vegetable and the equivalent
of 1/2 slice of bread

YIELD: 25 servings: 4 lb 14 oz
50 servings: 9 lb 12 oz

VOLUME: 25 servings: 3 qt
50 servings: 1 gal 2 qt

Nutrients Per Serving

Calories	84	Saturated Fat	.1 g	Iron	1.0 mg
Protein	2 g	Cholesterol	0 mg	Calcium	17 mg
Carbohydrate	17 g	Vitamin A	268 RE/2684 IU	Sodium	139 mg
Total Fat	.9 g	Vitamin C	5 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Carrots	8½ oz	1 lb 1 oz	....
Tomatoes	4 oz	7 oz	....
Cucumbers	4 oz	7 oz	....

Submarine Sandwich Dressing

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Cornstarch		1 Tbsp		2 Tbsp		1. In a pot, dissolve cornstarch in water. 2. Add carrots, onions, and celery leaf (optional). Heat to a boil, stirring continuously. Simmer for 3 minutes until thickened. 3. Turn off heat and let set for 5 minutes.
Water		1½ cups		3 cups		
*Fresh carrots, peeled, minced		¼ cup		½ cup		
*Onions, minced		¼ cup		½ cup		
OR						
Dehydrated onion flakes		1 tsp		2 tsp		
Celery leaf, minced (optional)		¼ cup		½ cup		
Sugar		1 Tbsp		2 Tbsp		4. Add sugar, white pepper, parsley, oregano, basil, garlic powder, and vinegar. Whisk to combine.
White pepper		½ tsp		1 tsp		
Dried parsley flakes		1 Tbsp		2 Tbsp		
Dry oregano leaves		½ tsp		1 tsp		
Dry basil leaves		1½ tsp		1 Tbsp		
Garlic powder		1 Tbsp		2 Tbsp		
Cider vinegar		¾ cup		1½ cups		
Vegetable oil		1½ cups		3 cups		5. Using a whisk, slowly add oil to dressing. 6. Refrigerate overnight to develop flavor.

*See Marketing Guide.

(over)

SERVING: 2 Tbsp (1-oz ladle)

Special Tip: Add imitation bacon bits and serve dressing hot over spinach or lettuce.

Nutrients Per Serving

Calories	122	Saturated Fat	2.0 g	Iron	.1 mg
Protein	0 g	Cholesterol	0 mg	Calcium	4 mg
Carbohydrate	2 g	Vitamin A	30 RE/304 IU	Sodium	1 mg
Total Fat	13.1 g	Vitamin C	0 mg	Dietary Fiber	0 g

YIELD:
25 servings: 1 lb 13 oz
50 servings: 3 lb 10 oz

VOLUME:
25 servings: 3³/₄ cups
50 servings: 1 qt 3¹/₂ cups

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Carrots	1¹/₂ oz	3 oz	....
Onions	1 oz	2 oz	....

Three-Bean Salad

Vegetable

Salads and Salad Dressings E-4

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned kidney beans, drained	9 oz	1½ cups	1 lb 2 oz	3 cups		1. Rinse kidney beans in cold water and drain well.
Canned wax beans, drained	7½ oz	1½ cups	15 oz	3 cups		2. Combine kidney beans, wax beans, green beans, onions, and green pepper (optional).
Canned cut green beans, drained	1 lb 3 oz	3¾ cups	2 lb 5½ oz	1 qt 3½ cups		
*White or red onions, chopped		¼ cup		½ cup		
OR						
Dehydrated onions		2¼ tsp		1 Tbsp 1½ tsp		
*Fresh green pepper, chopped (optional)		½ cup 2 Tbsp	6½ oz	1¼ cups		
Vegetable oil		⅓ cup		⅔ cup		3. Combine vegetable oil, vinegar, sugar, basil, pepper, and garlic powder. Mix or shake in a jar until well blended.
Vinegar		⅓ cup		⅔ cup		4. Pour dressing over beans. Toss lightly to combine and coat evenly. Cover. **Refrigerate until ready to serve.** For best results, refrigerate overnight to develop flavor.
Sugar		1 Tbsp 2 tsp		⅓ cup		5. Mix lightly before serving.
Flaked basil		1½ tsp		1 Tbsp		6. Portion with No. 16 scoop (¼ cup).
Black or white pepper		½ tsp		1 tsp		
Garlic powder		½ tsp		1 tsp		

*See Marketing Guide.

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SERVING: ¼ cup (No. 16 scoop) provides
¼ cup of vegetable

YIELD: 25 servings: 1 qt 2½ cups (approximately)
50 servings: 3 qt 1 cup (approximately)

Nutrients Per Serving

Calories	47	Saturated Fat	.5 g	Iron	.5 mg
Protein	1 g	Cholesterol	0 mg	Calcium	14 mg
Carbohydrate	3 g	Vitamin A	9 RE/91 IU	Sodium	110 mg
Total Fat	3.0 g	Vitamin C	2 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions	2 oz	3½ oz	....
Green pepper	4 oz	8¼ oz	....

Carrot-Raisin Salad

Vegetable/Fruit

Salads and Salad Dressings E-5

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
*Fresh carrots, coarsely shredded	1 lb 7 oz	1 qt 2 cups	2 lb 14 oz	3 qt		1. Place carrots and raisins in a large bowl.
Raisins	12 oz	2$\frac{1}{4}$ cups	1 lb 7 oz	1 qt $\frac{1}{2}$ cup		
Reconstituted instant nonfat dry milk		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup		2. Combine milk, mayonnaise or salad dressing, salt, nutmeg (optional), and lemon juice (optional). 3. Pour dressing over carrots and raisins. Mix lightly. **4. Cover. Refrigerate for 1 to 1$\frac{1}{2}$ hours.** 5. Mix lightly before serving. Portion with No. 16 scoop ($\frac{1}{4}$ cup).
Mayonnaise or salad dressing	8 oz	1 cup	1 lb	2 cups		
Salt		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp		
Ground nutmeg (optional)		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp		
Lemon juice (optional)		1 Tbsp		2 Tbsp		

*See Marketing Guide.

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SERVING: ¼ cup (No. 16 scoop) provides
¼ cup vegetable and fruit

YIELD: 25 servings: 1 qt 2½ cups (approximately)
50 servings: 3 qt 1 cup (approximately)

Nutrients Per Serving

Calories	117	Saturated Fat	1.1 g	Iron	.5 mg
Protein	1 g	Cholesterol	6 mg	Calcium	18 mg
Carbohydrate	13 g	Vitamin A	746 RE/7403 IU	Sodium	87 mg
Total Fat	7.4 g	Vitamin C	3 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Carrots	2 lb 1 oz	4 lb 2 oz	....

Thousand Island Dressing

✓

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Mayonnaise or salad dressing	11 oz	1¼ cup 2 Tbsp	1 lb 5½ oz	2¾ cups		1. Combine mayonnaise or salad dressing and catsup. Blend well.
Catsup	4 oz	¼ cup 2 Tbsp	8¼ oz	¾ cup 1 Tbsp		
Sweet pickle relish, undrained		2 Tbsp		¼ cup		2. Add pickle relish, onions, chopped eggs (optional), and pimentos (optional). Mix well.
Dehydrated onions		¾ tsp		1½ tsp		3. **Cover. Refrigerate until ready to serve.** For best results, refrigerate overnight to develop flavor.
Fresh large eggs, hard-cooked, finely chopped (optional)		1 each		2 each		
Pimentos, chopped (optional)		1 Tbsp		2 Tbsp		4. Stir or shake well before serving.

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SERVING: 2 tablespoons (1-oz ladle)

YIELD:
2 cups: 16 (1-oz) servings
1 quart: 32 (1-oz) servings

Nutrients Per Serving

Calories	145	Saturated Fat	2.2 g	Iron	.2 mg
Protein	0 g	Cholesterol	11 mg	Calcium	5 mg
Carbohydrate	3 g	Vitamin A	24 RE/128 IU	Sodium	208 mg
Total Fat	15.0 g	Vitamin C	1 mg	Dietary Fiber	0 g

559

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Chicken or Turkey Salad

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
*Cooked chicken or turkey, chopped	3 lb 3 oz	2 qt 2 cups	6 lb 6 oz	1 gal 1 qt		1. Combine chicken or turkey, celery, onions, pickle relish, pepper, and dry mustard. Add mayonnaise or salad dressing. Mix lightly until well blended. 2. **Cover. Refrigerate until ready to serve.** 3. Portion with No. 8 scoop (½ cup). 4. Serve on salad greens or in sandwiches.
*Fresh celery, chopped	11 oz	2½ cups	1 lb 5 oz	1 qt 1 cup		
*Onions, chopped **OR**	6 oz	1 cup	12 oz	2 cups		
Dehydrated onions		3 Tbsp		¼ cup 2 Tbsp		
Sweet pickle relish, undrained	8 oz	¾ cup 2 Tbsp	15 oz	1¾ cups		
Black or white pepper		1 tsp		2 tsp		
Dry mustard		2¼ tsp		1 Tbsp 1½ tsp		
Mayonnaise or salad dressing	13 oz	1½ cups 2 Tbsp	1 lb 9½ oz	3¼ cups		

*See Marketing Guide.

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SERVING: 1/2 cup (No. 8 scoop) provides
2 oz of cooked poultry

YIELD: 25 servings: 3 qt 2 cups (approximately)
50 servings: 1 gal 3 qt (approximately)

Nutrients Per Serving

Calories	224	Saturated Fat	2.8 g	Iron	.9 mg
Protein	16 g	Cholesterol	56 mg	Calcium	20 mg
Carbohydrate	5 g	Vitamin A	24 RE/99 IU	Sodium	202 mg
Total Fat	15.5 g	Vitamin C	2 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Chicken, whole, without neck and giblets	8 lb 14 oz	17 lb 12 oz	
OR			
Turkey, whole, without neck and giblets	6 lb 13 oz	13 lb 10 oz	
Celery	13 oz	1 lb 10 oz	
Mature onions	7 oz	14 oz	

Pasta-Vegetable Salad

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Water		2 qt 2 cups		1 gal 1 qt		1. Heat water to a rolling boil. Add the salt. 2. Slowly add pasta spirals or shells while stirring constantly until water boils again. Cook for 8 to10 minutes. DO NOT OVERCOOK. Drain well.
Salt		1 Tbsp		2 Tbsp		
Pasta spirals or shells	12 oz	1 qt	1 lb 8 oz	2 qt		
Frozen mixed vegetables, thawed and drained	1 lb	2½ cups	2 lb	1 qt 1 cup		3. Add mixed vegetables, broccoli, and pepper. Shake dressing. Pour over pasta and vegetables. Toss lightly to combine and coat evenly. 4. **Cover. Refrigerate until ready to serve.** 5. Mix lightly before serving. 6. Portion with No. 10 scoop (⅜ cup).
OR						
Canned mixed vegetables, drained	13 oz	2¼ cups	1 lb 10 oz	1 qt ½ cup		
Frozen, chopped broccoli, thawed and drained	11 oz	1½ cups 2 Tbsp	1 lb 6 oz	3¼ cups		
Black or white pepper		½ tsp		1 tsp		
Italian Dressing (see E-17)		1 cup		2 cups		

(over)

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SERVING: ⅜ cup (No. 10 scoop) provides ⅜ cup of vegetable and the equivalent of ½ slice of bread

YIELD:
25 servings: 2 qt 2 cups (approximately)
50 servings: 1 gal 1 qt (approximately)

Nutrients Per Serving

Calories	126	Saturated Fat	1.0 g	Iron	.8 mg
Protein	3 g	Cholesterol	0 mg	Calcium	15 mg
Carbohydrate	14 g	Vitamin A	118 RE/1180 IU	Sodium	83 mg
Total Fat	6.9 g	Vitamin C	9 mg	Dietary Fiber	2 g

Cole Slaw

Vegetable

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
*Fresh cabbage, coarsely chopped	1 lb 12 oz	2 qt 1 cup	3 lb 8 oz	1 gal 2 cups		1. Place all vegetables in a large bowl and toss lightly to mix.
*Fresh carrots, finely shredded	6 oz	1¼ cups 2 Tbsp	11 oz	2¾ cups		
*Onions, finely chopped		½ cup 1 Tbsp	7 oz	1 cup 2 Tbsp		
OR						
Dehydrated onions		2 Tbsp		¼ cup		
*Fresh green pepper, chopped (optional)		¼ cup		½ cup		
Mayonnaise (can be lowfat)	9 oz	1 cup 2 Tbsp	1 lb 1½ oz	2¼ cups		2. Combine mayonnaise or salad dressing, sugar, celery seed, dry mustard, and vinegar.
OR						
Salad dressing (can be lowfat)	9 oz	1 cup 2 Tbsp	1 lb 1½ oz	2¼ cups		
Sugar		1 Tbsp		2 Tbsp		3. Pour dressing over vegetables. Mix thoroughly.
Celery seed		1 tsp		2 tsp		
Dry mustard		½ tsp		1 tsp		4. **Cover. Refrigerate until ready to serve.**
Vinegar		1 Tbsp		2 Tbsp		5. Mix lightly before serving. Portion with No. 16 scoop (¼ cup).

*See Marketing Guide.

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SERVING: ¼ cup (No. 16 scoop) provides
¼ cup of vegetable

YIELD: 25 servings: 1 qt 2¼ cups (approximately)
50 servings: 3 qt 1 cup (approximately)

Nutrients Per Serving

Calories	87	Saturated Fat	1.2 g	Iron	.3 mg
Protein	1 g	Cholesterol	6 mg	Calcium	22 mg
Carbohydrate	4 g	Vitamin A	189 RE/1836 IU	Sodium	66 mg
Total Fat	8.2 g	Vitamin C	11 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Cabbage	2 lb	4 lb 1 oz	....
Carrots	8 oz	1 lb..............	....
Mature onions	4 oz	8 oz	....
Green peppers	2 oz	3½ oz	....

Macaroni Salad

Grains/Breads

Salads and Salad Dressings E-10

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Water		1 gal 2 qt		3 gal		1. Heat water to a rolling boil. Add the salt. 2. Slowly add macaroni. Stir constantly, until water boils again. Cook for 10 to 12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Cool.
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp		
Elbow macaroni	1 lb 5 oz	1 qt ½ cup	2 lb 10 oz	2 qt 1 cup		
Mayonnaise or salad dressing	12 oz	1½ cups	1 lb 8 oz	3 cups		3. Add mayonnaise or salad dressing. Mix.
*Fresh carrots, shredded	4 oz	1 cup	8 oz	2 cups		4. Add carrots, celery, onions, pickle relish, and seasonings. Toss lightly. 5. Garnish with paprika. 6. **Cover. Refrigerate until ready to serve.** 7. Portion with No. 8 scoop (½ cup).
*Fresh celery, chopped	4 oz	1 cup	8 oz	2 cups		
*Onions, chopped		⅓ cup	4 oz	⅔ cup		
Sweet pickle relish, undrained		¼ cup	4 oz	½ cup		
Black or white pepper		½ tsp		1 tsp		
Dry mustard		1½ tsp		1 Tbsp		
Salt		½ tsp		1 tsp		
Paprika		¾ tsp		1½ tsp		

*See Marketing Guide.

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SERVING: ½ cup (No. 8 scoop) provides the equivalent of 1 slice of bread

YIELD:
25 servings: 3 qt (approximately)
50 servings: 1 gal 2 qt (approximately)

Variation:

a. Macaroni and Ham Salad

25 servings: Follow Steps 1 through 3. In Step 4, use 1 lb 14 oz (1 qt 1¾ cups) diced cooked ham. Continue with Steps 5 through 7.

50 servings: Follow Steps 1 through 3. In Step 4, use 3 lb 12 oz (2 qt 3½ cups) diced cooked ham. Continue with Steps 5 through 7.

Nutrients Per Serving

Calories	198	Saturated Fat	1.7 g	Iron	1.1 mg
Protein	4 g	Cholesterol	8 mg	Calcium	12 mg
Carbohydrate	21 g	Vitamin A	145 RE/1370 IU	Sodium	214 mg
Total Fat	11.4 g	Vitamin C	1 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Carrots	6 oz	11½ oz	
Celery	5 oz	9¾ oz	
Mature onions	2½ oz	4½ oz	

Broccoli Salad

Vegetable/Fruit

Salads and Salad Dressings E-11

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh broccoli	1 lb 11 oz	2 qt 2 cups	3 lb 6 oz	1 gal 1 qt		1. Wash broccoli. Cut heads into florets. Dice stems.
Lowfat mayonnaise	8 oz	1 cup	1 lb	2 cups		2. Combine lowfat mayonnaise, sugar, vinegar, and milk. Mix well. Add to diced broccoli.
Sugar	4 oz	½ cup	8 oz	1 cup		
White vinegar		1 Tbsp		2 Tbsp		
Lowfat milk		1 Tbsp		2 Tbsp		
Raisins	10 oz	1¾ cups 2 Tbsp	1 lb 3 oz	3¾ cups		3. Add raisins, walnuts (optional), and onions (optional) to broccoli mixture. Stir to coat all pieces with dressing. 4. **Chill before serving.** (For best results, chill for at least 2 hours before serving.)
Walnuts, chopped (optional)	4 oz	¾ cup 3 Tbsp	8 oz	1¾ cups 3 Tbsp		
Red onions, sliced (optional)		¼ cup	3 oz	½ cup		

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SERVING: ¼ cup (No. 16 scoop) provides
3 Tbsp of vegetable and fruit

YIELD:
25 servings: 2 lb 13 oz
50 servings: 5 lb 10 oz

VOLUME:
25 servings: 2 qt 2 cups
50 servings: 1 gal 1 qt

Nutrients Per Serving

Calories	78	Saturated Fat	.4 g	Iron	.5 mg
Protein	1 g	Cholesterol	2 mg	Calcium	18 mg
Carbohydrate	16 g	Vitamin A	39 RE/387 IU	Sodium	54 mg
Total Fat	1.9 g	Vitamin C	24 mg	Dietary Fiber	1 g

Potato Salad

Vegetable

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh potatoes, as purchased	4 lb 8 oz		9 lb			1. Boil potatoes for 30 to 40 minutes until tender. Cool, peel, and dice into ½" cubes.
*Fresh celery, chopped	8 oz	1¾ cups 2 Tbsp	1 lb	3¾ cups		2. Add all other ingredients. Mix lightly until well blended. **Chill for at least 1 hour before serving.** 3. Portion with No. 8 scoop (½ cup).
*Onions, finely chopped		½ cup 1 Tbsp	7 oz	1 cup 2 Tbsp		
Sweet pickle relish, undrained		⅓ cup	6 oz	⅔ cup		
Fresh large eggs, hard-cooked, chopped (optional)	11 oz	6 each	1 lb 5 oz	12 each		
Mayonnaise or salad dressing	12 oz	1½ cups	1 lb 8 oz	3 cups		
Salt		1½ tsp		1 Tbsp		
Black or white pepper		½ tsp		1 tsp		
Dry mustard		1½ tsp		1 Tbsp		

*See Marketing Guide.

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SERVING: ½ cup (No. 8 scoop) provides
½ cup of vegetable

YIELD: 25 servings: 3 qt (approximately)
50 servings: 1 gal 2 qt (approximately)

Nutrients Per Serving

Calories	171	Saturated Fat	1.6 g	Iron	.4 mg
Protein	2 g	Cholesterol	8 mg	Calcium	12 mg
Carbohydrate	17 g	Vitamin A	13 RE/56 IU	Sodium	256 mg
Total Fat	11.0 g	Vitamin C	11 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Celery	10 oz	1 lb 3½ oz ..	....
Mature onions	4 oz	8 oz	....

Taco Salad

Meat/Meat Alternate • Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat)	3 lb 4 oz		6 lb 7 oz			1. Brown ground beef. Drain off fat.
*Onions, chopped		¼ cup 3 Tbsp	5 oz	¾ cup 2 Tbsp		2. Add onions, garlic powder, pepper, tomato paste, water, and seasonings. Blend well. Bring to a boil. Reduce heat. Simmer for 25 to 30 minutes.
OR						
Dehydrated onions		2 Tbsp 1 tsp		¼ cup 2 tsp		
Garlic powder		2¼ tsp		1 Tbsp 1½ tsp		
Black pepper		1 tsp		2 tsp		
Tomato paste	7 oz	¾ cup	14 oz	1½ cups		
Water		2 cups		1 qt		
Seasonings:						
Chili powder		1 Tbsp		2 Tbsp		
Ground cumin		2¼ tsp		1 Tbsp 1½ tsp		
Paprika		¾ tsp		1½ tsp		
Onion powder		¾ tsp		1½ tsp		
*Fresh lettuce, shredded	2 lb	1 gal	4 lb	2 gal		3. Combine lettuce and tomatoes. Toss lightly.
*Fresh tomatoes, chopped	14 oz	2¼ cups	1 lb 12 oz	1 qt ½ cup		
Taco shell pieces	1 lb 3 oz	3 qt ½ cup	2 lb 6 oz	1 gal 2 qt 1 cup		4. Assemble and serve. See page 2 for serving suggestions and directions.
OR						
Tostada shells (0.7 oz each)	1 lb 2 oz	25 each	2 lb 3 oz	50 each		
Cheddar cheese, shredded	13 oz	3¼ cups	1 lb 10 oz	1 qt 3½ cups		

*See Marketing Guide.

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Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
						Serving suggestions: A. Assemble each salad as follows, or in preferred order: • 1st layer: approximately 3/4 oz (1/2 cup) taco shell pieces or 1 tostada shell. • 2nd layer: 1 3/4 oz (3/4 cup) lettuce-tomato mixture. • 3rd layer: No. 16 scoop (1/4 cup) meat mixture. • 4th layer: 1/2 oz (2 Tbsp 1 tsp) shredded cheese. **OR** B. 1. Preportion into 2 individual souffle cups: 1 3/4 oz (3/4 cup) lettuce-tomato mixture and 1/2 oz (2 Tbsp 1 tsp) shredded cheese. Refrigerate until service. 2. Transfer meat mixture and taco shell pieces or tostada shells into steamtable pans. Serve 3/4 oz (1/2 cup) taco shell pieces or 1 tostada shell. Top with No. 16 scoop (1/4 cup) meat mixture. Add 1 preportioned souffle cup of lettuce-tomato mixture and 1 preportioned souffle cup of shredded cheese. Instruct children how to "build" their own taco salad. 5. If desired, serve with taco sauce.

SERVING: 1 salad provides the equivalent of 2 oz of cooked lean meat, ³⁄₄ cup vegetable, and the equivalent of ³⁄₄ slice of bread

YIELD: 25 servings: 25 salads
50 servings: 50 salads

Nutrients Per Serving

Calories	291	Saturated Fat	6.9 g	Iron	2.2 mg
Protein	16 g	Cholesterol	52 mg	Calcium	161 mg
Carbohydrate	18 g	Vitamin A	108 RE/794 IU	Sodium	216 mg
Total Fat	17.6 g	Vitamin C	9 mg	Dietary Fiber	3 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions	3 oz	5³⁄₄ oz	....
Head lettuce	2 lb 11 oz	5 lb 6 oz	....
Tomatoes	14 oz	1 lb 12¹⁄₂ oz	....

Waldorf-Fruit Salad

Fruit

Salads and Salad Dressings E-14

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
*Fresh apples, cored, unpeeled, diced	1 lb 1 oz	1 qt ½ cup	2 lb 2 oz	2 qt 1 cup		1. Sprinkle apples with lemon juice to prevent discoloration.
Lemon juice		2 Tbsp		¼ cup		
Canned mixed fruit, drained	1 lb 10 oz	1 qt ½ cup	3 lb 4 oz	2 qt 1 cup		2. Combine apples, mixed fruit, celery (optional), raisins (optional), mayonnaise or salad dressing, and nutmeg (optional). Mix lightly to combine.
*Fresh celery, chopped (optional)	4 oz	¾ cup 2 Tbsp	7½ oz	1¾ cups		
Raisins (optional)	5 oz	1 cup	10 oz	2 cups		
Mayonnaise or salad dressing		¼ cup 2 Tbsp	6 oz	¾ cup		
Ground nutmeg (optional)		¼ tsp		½ tsp		
Chopped walnuts	4¼ oz	1 cup	8½ oz	2 cups		3. **Cover. Refrigerate until ready to serve.** 4. Add nuts before serving. Toss lightly. For best results, use same day. 5. Portion with No. 16 scoop (¼ cup).

*See Marketing Guide.

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SERVING: ¼ cup (No. 16 scoop) provides ¼ cup of fruit

YIELD:
25 servings: 1 qt 3 cups (approximately)
50 servings: 3 qt 2 cups (approximately)

Special Tip: Red apples make a very attractive salad.

Nutrients Per Serving

Calories	84	Saturated Fat	.7 g	Iron	.3 mg
Protein	1 g	Cholesterol	2 mg	Calcium	9 mg
Carbohydrate	8 g	Vitamin A	14 RE/120 IU	Sodium	22 mg
Total Fat	5.8 g	Vitamin C	2 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Apples	1 lb 3 oz	2 lb 5½ oz ..	....
Celery	5 oz	9¼ oz	....

Dip for Fresh Vegetables

Ingredients	2 Cups		1 Quart		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Plain lowfat yogurt	4 oz	½ cup	8¾ oz	1 cup		1. Combine all ingredients. Blend well. 2. **Cover. Refrigerate until ready to serve.** For best results, refrigerate overnight to develop flavor. 3. Serve with raw vegetables or tossed green salads.
Mayonnaise (can be lowfat)	10 oz	1¼ cups	1 lb 3½ oz	2½ cups		
OR						
Salad dressing (can be lowfat)	10 oz	1¼ cups	1 lb 3½ oz	2½ cups		
Reconstituted instant nonfat dry milk		¼ cup		½ cup		
Parsley flakes		1 Tbsp		2 Tbsp		
Garlic powder		⅜ tsp		¾ tsp		
Onion powder		⅜ tsp		¾ tsp		
Salt		¾ tsp		1½ tsp		
Black or white pepper		¼ tsp		½ tsp		

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SERVING: 2 tablespoons (1-oz ladle)

YIELD:
2 cups: 16 (1-oz) servings
1 quart: 32 (1-oz) servings

Nutrients Per Serving

Calories	134	Saturated Fat	2.2 g	Iron	.2 mg
Protein	1 g	Cholesterol	11 mg	Calcium	24 mg
Carbohydrate	1 g	Vitamin A	17 RE/68 IU	Sodium	219 mg
Total Fat	14.2 g	Vitamin C	0 mg	Dietary Fiber	0 g

French Dressing

Ingredients	2 Cups		1 Quart		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar		1 Tbsp		2 Tbsp		1. Mix together the sugar, salt, dry mustard, and paprika.
Salt		½ tsp		1 tsp		
Dry mustard		¾ tsp		1½ tsp		
Paprika		¾ tsp		1½ tsp		
Dehydrated onions		1½ tsp		1 Tbsp		2. Add onions.
Vegetable oil		1 cup 2 Tbsp		2¼ cups		3. Blend in oil, lemon juice, vinegar, and catsup, using mixer on medium speed. Mix for 3 minutes. 4. **Cover. Refrigerate until ready to serve.** For best results, refrigerate overnight to develop flavor. 5. Stir or shake well before serving.
Lemon juice		¼ cup		½ cup		
Vinegar		¼ cup 1 Tbsp		½ cup 2 Tbsp		
Catsup		¼ cup	5 oz	½ cup		

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SERVING: 2 tablespoons (1-oz ladle)

YIELD:
2 cups: 16 (1-oz) servings
1 quart: 32 (1-oz) servings

Nutrients Per Serving

Calories	148	Saturated Fat	2.3 g	Iron	.1 mg
Protein	0 g	Cholesterol	0 mg	Calcium	3 mg
Carbohydrate	3 g	Vitamin A	11 RE/106 IU	Sodium	126 mg
Total Fat	15.5 g	Vitamin C	2 mg	Dietary Fiber	0 g

Italian Dressing

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken or vegetable stock		¾ cup		1½ cups		1. Measure chicken or vegetable stock into pot. Add carrots, onions, celery leaf (optional), and cornstarch. 2. Heat to a boil, stirring constantly. Boil for 3 minutes or until thickened. 3. Turn off heat and let stand for 5 minutes.
*Fresh carrots, minced		2 Tbsp		¼ cup		
*Onions, minced		2 Tbsp		¼ cup		
Celery leaf, minced (optional)		2 Tbsp		¼ cup		
Cornstarch		1½ tsp		1 Tbsp		
Sugar		1½ tsp		1 Tbsp		4. Using a wire whip, add to the thickened stock mixture: the sugar, white pepper, parsley, oregano, basil, garlic powder, and vinegar.
White pepper		¼ tsp		½ tsp		
Dried parsley		1½ tsp		1 Tbsp		
Dried oregano leaves		¼ tsp		½ tsp		
Dried basil leaves		¾ tsp		1½ tsp		
Garlic powder		1½ tsp		1 Tbsp		
Cider vinegar		¼ cup 2 Tbsp		¾ cup		
Vegetable oil		¾ cup		1½ cups		5. Still using the wire whip, slowly add the oil to the dressing mixture. 6. **For best results, refrigerate overnight to thicken and develop flavors.**

*See Marketing Guide.

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SERVING: 2 Tbsp (1-oz ladle)

YIELD: 25 servings: 15 oz
50 servings: 1 lb 15 oz
VOLUME: 25 servings: 1 ¾ cups 2 Tbsp
50 servings: 3 ¾ cups

Nutrients Per Serving

Calories	62	Saturated Fat	1 g	Iron	.1 mg
Protein	0 g	Cholesterol	0 mg	Calcium	2 mg
Carbohydrate	1 g	Vitamin A	15 RE/152 IU	Sodium	45 mg
Total Fat	6.6 g	Vitamin C	0 mg	Dietary Fiber	0 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Carrots	½ oz	1 oz	....
Onions	½ oz	1 oz	....

Ranch Dressing

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Buttermilk Lemon juice		1½ cups 2 Tbsp 2 tsp		3¼ cups 1 Tbsp 1 tsp		1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to rest for 10 minutes.
Plain lowfat yogurt Sour cream	5 oz	½ cup 2 Tbsp ¼ cup	10 oz 4 oz	1¼ cups ½ cup		2. Using a paddle attachment, blend in the yogurt and sour cream. Let mixture rest for 5 more minutes.
Lowfat mayonnaise Onion powder Garlic powder White pepper Dried chives Dried parsley Salt	6½ oz	¾ cup 1 Tbsp 1 Tbsp 1 Tbsp ¼ tsp ½ tsp 1½ tsp 1 tsp	13 oz	1⅔ cups 2 Tbsp 2 Tbsp ½ tsp 1 tsp 1 Tbsp 2 tsp		3. Add rest of ingredients to mixture in mixing bowl. Mix on low speed for 2 to 3 minutes until blended. 4. **Chill at least 12 hours before serving to allow to thicken.**

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SERVING: 2 Tbsp (1 oz ladle)

YIELD: 25 servings: 1 lb 10 oz
50 servings: 3 lb 5 oz
VOLUME: 25 servings: 3 cups
50 servings: 1 qt 2¼ cups

Special Tip: For an excellent vegetable dip, add an additional 8 oz of lowfat mayonnaise per 50 servings.

Nutrients Per Serving

Calories	34	Saturated Fat	.7 g	Iron	.1 mg
Protein	1 g	Cholesterol	4 mg	Calcium	33 mg
Carbohydrate	3 g	Vitamin A	8 RE/39 IU	Sodium	152 mg
Total Fat	2.1 g	Vitamin C	1 mg	Dietary Fiber	0 g

C03

C09

F. Sandwiches

Food Safety Tips

1. *Always* wash hands *before* beginning any food preparation.
2. *Always* wash hands *after* handling raw animal products, such as meat, fish, poultry, and eggs. This is to prevent cross-contamination.
3. Keep cold foods at 40°F. Use a refrigerator thermometer to be sure that refrigerator temperature is 40°F.
4. Pre-chill sandwich ingredients such as canned tuna, hard-cooked eggs, cheese, and canned meats that are prepared as salads before filling.
5. Hold hot foods at 140°F. Use a thermometer to check internal temperatures.

Recipes	Recipe Number
Beef	
Pizzaburger	F-6
Sloppy Joe	F-12
Cheese	
Cheese Ribbon Sandwich	F-5
Toasted Cheese Sandwich	F-13
Toasted Cheese and Tomato Sandwich	F-9
Eggs	
Egg Salad Sandwich	F-10
Fish	
Tuna Melt	F-1
Tuna Salad Sandwich	F-11
Meatless	
Banana-Peanut Butter Sandwich (variation)	F-3a
Pork	
Barbecued Pork or Beef on Roll	F-8
Poultry	
Chicken Barbecue Sandwich	F-2
Grilled Sandwich	F-3
Pizza-In-A-Pocket	F-4
Tortilla Roll-Up	F-7

Tuna Melt

Meat • Grains/Breads

Sandwiches F-1

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Whole large eggs		2 each		4 each		1. Place eggs in a stock pot and cover with cold water. Bring to a boil and simmer for 10 minutes. Drain and rinse in cold water. **Refrigerate.** When chilled, peel and chop.
Dry mustard		½ tsp		1 tsp		2. In a bowl, combine dry mustard and mayonnaise. Allow to set for 5 minutes.
Lowfat mayonnaise	11 oz	1⅓ cups	1 lb 6 oz	2⅔ cups		
Tuna, in 66½-oz cans, water-packed, drained	½ can	3½ cups	1 can	1 qt 3 cups		3. In a large bowl, combine chopped eggs, mayonnaise mixture, drained tuna, onions, and celery.
*Onions, minced		¼ cup		½ cup		
OR						
Dehydrated onion flakes		1½ tsp		1 Tbsp		
*Fresh celery, ¼" dice	8 oz	1½ cups	1 lb	3 cups		

*See Marketing Guide.

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SERVING: ½ tuna melt sandwich provides the equivalent of 1¼ oz of cooked lean meat and the equivalent of 1 slice of bread

YIELD:
25 servings: 3 lb 8 oz (tuna salad)
50 servings: 7 lb (tuna salad)

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Lowfat cheddar cheese, 1-oz slices	13 oz		1 lb 10 oz			4. Place 12 English muffin halves on each half-sheet pan (18" x 13" x 2½"). Spread 1 No. 20 scoop (¼ cup) of tuna salad on each muffin half. Place ½ slice of cheese on top of the tuna salad. 5. **To Bake:** Conventional Oven 350°F, 5 minutes Convection Oven 325°F, 5 minutes Bake until cheese is melted.
English muffins		12½ each		25 each		

Special Tip: Hamburger rolls may be substituted for English muffins.

Nutrients Per Serving

Calories	186	Saturated Fat	1.5 g	Iron	1.5 mg
Protein	16 g	Cholesterol	31 mg	Calcium	121 mg
Carbohydrate	15 g	Vitamin A	26 RE/107 IU	Sodium	454 mg
Total Fat	6.4 g	Vitamin C	1 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	1½ oz	3 oz	
Celery	10 oz	1 lb 4 oz	

Chicken Barbecue Sandwich

Meat • Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
*Fresh celery, 1/4" dice	4 oz	3/4 cup	8 oz	1 1/2 cups		1. In a pot, saute celery and onions in oil until tender, about 5 minutes.
*Onion, minced	4 oz	3/4 cup	8 oz	1 1/2 cups		
OR						
Dehydrated onion flakes		1 Tbsp		2 Tbsp		
Vegetable oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp		
Tomato sauce	1 lb 10 oz	3 cups	3 lb 4 oz	1 qt 2 cups		2. Add tomato sauce, brown sugar, Worcestershire sauce, mustard, vinegar, and garlic salt to the vegetables. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, for 15 minutes.
Brown sugar		2 Tbsp		1/4 cup		
Worcestershire sauce		1 1/2 tsp		1 Tbsp		
Prepared mustard		1 Tbsp		2 Tbsp		
Vinegar		1/4 cup 2 Tbsp		3/4 cup		
Garlic salt		1 tsp		2 tsp		
Chicken or turkey, cooked, diced	2 lb 6 oz		4 lb 12 oz			3. Add chicken or turkey and stir to blend. Simmer for 30 minutes until chicken or turkey is tender.
Hamburger rolls		13 each		26 each		4. Using a No. 8 scoop, portion chicken or turkey on bottom half of hamburger roll. Cover with top half of roll. Cut each sandwich in half.

*See Marketing Guide.

(over)

SERVING: ½ sandwich provides 1½ oz of meat, ⅛ cup of vegetable, and the equivalent of 1 slice of bread

YIELD:
25 servings: 3 lb 13 oz (filling)
50 servings: 7 lb 10 oz (filling)

VOLUME:
25 servings: 1 qt 3 cups (filling)
50 servings: 3 qt 2 cups (filling)

Nutrients Per Serving

Calories	164	Saturated Fat	1.2 g	Iron	1.5 mg
Protein	14 g	Cholesterol	36 mg	Calcium	46 mg
Carbohydrate	15 g	Vitamin A	36 RE/316 IU	Sodium	396 mg
Total Fat	4.9 g	Vitamin C	4 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Celery	5 oz	10 oz	....
Onions	4 oz	8 oz	....

Grilled Sandwich

Meat • Grains/Breads

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lowfat milk		1 cup		2 cups		1. In a bowl, whisk together the milk, orange juice, eggs, sugar, salt, and vanilla. Whisk until smooth.
Orange juice		3 Tbsp		¼ cup 2 Tbsp		
Fresh large eggs **OR**		8 each		16 each		
Frozen whole eggs, thawed	1 lb	2 cups	2 lb	1 qt		
Sugar		3 Tbsp		¼ cup 2 Tbsp		
Salt		½ tsp		1 tsp		
Vanilla		2 tsp		1 Tbsp 1 tsp		
Turkey ham slices	1 lb 9 oz		3 lb 2 oz			2. Place 2 oz of turkey ham on a slice of bread. Cover with a second bread slice. Continue until all ham and bread slices have been used. 3. Dip sandwiches in orange juice mixture to coat both sides. 4. Place 6 sandwiches on each lightly greased half-sheet pan (18" x 13" x 1"). 5. **To Bake:** Conventional Oven 400°F, 15 to 20 minutes Convection Oven 325°F, 15 to 20 minutes Bake until lightly browned. 6. Cut each sandwich in half.
White bread, 1-oz slices		25 slices		50 slices		

(over)

SERVING: ½ sandwich provides ¾ oz of cooked lean meat and the equivalent of 1 slice of bread

YIELD:
25 servings: 3 lb 13 oz
50 servings: 7 lb 10 oz

Variation:

a. Banana-Peanut Butter Sandwich

25 servings: Follow Step 1. Omit Step 2. In a mixing bowl, combine 1 oz honey and 12 oz peanut butter. Mix until smooth. Peel 1 lb 8 oz bananas and slice in half lengthwise and crosswise. Place 1 oz of bananas and ½ oz (1 Tbsp) of peanut butter on each slice of bread. Continue with Step 3.

50 servings: Follow Step 1. Omit Step 2. In a mixing bowl, combine 2 oz honey and 1 lb 8 oz peanut butter. Mix until smooth. Peel 3 lb bananas and slice in half lengthwise and crosswise. Place 1 oz of bananas and ½ oz (1 Tbsp) of peanut butter on each slice of bread. Continue with Step 3.

Nutrients Per Serving

Calories	145	Saturated Fat	1.3 g	Iron	1.8 mg
Protein	10 g	Cholesterol	94 mg	Calcium	52 mg
Carbohydrate	16 g	Vitamin A	41 RE/137 IU	Sodium	497 mg
Total Fat	4.3 g	Vitamin C	1 mg	Dietary Fiber	1 g

Pizza-In-A-Pocket

Meat • Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Tomato paste	8 oz	1 cup	1 lb	2 cups		1. In a pot, combine tomato paste, water, sugar, basil, oregano, salt, garlic, and beef stock. Simmer uncovered for 30 minutes.
Water		¾ cup		1½ cups		
Sugar		1½ tsp		1 Tbsp		
Dry basil leaves		¼ tsp		½ tsp		
Dry oregano leaves		¼ tsp		½ tsp		
Salt		¼ tsp		½ tsp		
Granulated garlic		¼ tsp		½ tsp		
Beef stock		¾ cup		1½ cups		
Pita pockets, 6½" diameter, 2-oz each		13 each		26 each		2. Cut each pita in half. Open each half to form a pocket. 3. Stuff the inside of each half-pita with ¼ slice (¼ oz) of cheese, ½ slice (½ oz) of turkey ham, and 1 Tbsp of sauce from Step 1. 4. Place 10 filled half-pitas on each paper-lined half-sheet pan (18" x 13" x 1"). Cover with foil and seal. 5. **To Bake:** Conventional Oven 400°F, 10 minutes Convection Oven 375°F, 7 minutes **Bake until thoroughly heated (165°F).**
Lowfat mozzarella cheese, 1-oz slices	7 oz		14 oz			
Turkey ham, 1-oz slices	13 oz		1 lb 10 oz			

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SERVING: ½ pita provides the equivalent of ¾ oz of cooked lean meat, ⅛ cup of vegetable, and the equivalent of 1 slice of bread

YIELD:
25 servings: 3 lb 13 oz
50 servings: 7 lb 10 oz

Special Tip: A variety of fresh vegetables (such as broccoli, carrots, green peppers, mushrooms, and summer squash) can be substituted for the turkey ham and cheese.

Nutrients Per Serving

Calories	134	Saturated Fat	1.1 g	Iron	1.4 mg
Protein	8 g	Cholesterol	13 mg	Calcium	83 mg
Carbohydrate	20 g	Vitamin A	37 RE/273 IU	Sodium	419 mg
Total Fat	2.4 g	Vitamin C	5 mg	Dietary Fiber	1 g

C26

C27

Cheese Ribbon Sandwich

Meat Alternate • Grains/Breads

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
American processed cheese, shredded	1 lb 9 oz	1 qt 2 1/4 cups	3 lb 2 oz	3 qt 1/2 cup		1. In a mixing bowl, combine cheese, mayonnaise, pimentos, mustard, and Worcestershire sauce (optional). Mix until well blended.
Lowfat mayonnaise	6 oz	2/3 cup	12 oz	1 1/3 cups		
Canned pimentos, diced, drained		1/4 cup	4 oz	1/2 cup		
Prepared mustard		2 Tbsp		1/4 cup		
Worcestershire sauce (optional)		1 Tbsp		2 Tbsp		
White bread slices	13 oz	13 each	1 lb 10 oz	26 each		2. Spread 1/4 cup (No. 16 scoop) of cheese mixture on each slice of white bread. 3. Top each with a slice of whole wheat bread. 4. Cut each sandwich into four equal pieces in the shape of strips.
Wheat bread slices	13 oz	13 each	1 lb 10 oz	26 each		

(over)

SERVING: 2 pieces provide 1 oz of cheese and
1 slice of bread

YIELD: 25 servings: 3 lb 12 oz
50 servings: 7 lb 8 oz

Special Tip:

1. Attractive garnishes include unpeeled apple slices, grapes, or carrot chips.
2. To decrease the amount of fat, use a lowfat cheese in place of the American processed cheese.

Nutrients Per Serving

Calories	200	Saturated Fat	6.2 g	Iron	1.0 mg
Protein	9 g	Cholesterol	27 mg	Calcium	204 mg
Carbohydrate	14 g	Vitamin A	89 RE/411 IU	Sodium	390 mg
Total Fat	12.2 g	Vitamin C	2 mg	Dietary Fiber	1 g

Pizzaburger

Meat • Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Lean ground beef (no more than 24% fat)	2 lb 4 oz	1 qt 2½ cups	4 lb 8 oz	3 qt 1 cup		1. **In a pan, using medium heat, brown meat until no signs of pink remain.** Drain and discard excess grease. Return beef to pan.
Water Tomato paste Dry oregano leaves Garlic powder Salt Sugar	 12 oz 	¾ cup 1⅓ cup 1 tsp ¼ tsp ½ tsp 1 Tbsp	 1 lb 8 oz 	1¼ cups 2⅔ cups 2 tsp ½ tsp 1 tsp 2 Tbsp		2. Add water, tomato paste, oregano, garlic, salt, and sugar to the cooked ground beef. Mix well and simmer for 5 minutes.
Hamburger rolls Mozzarella cheese, shredded	 13 oz	13 each 3¼ cups	 1 lb 10 oz	26 each 1 qt 2½ cups		3. Split hamburger rolls in half. Place 13 halves (crust side down) on each half-sheet pan (18" x 13" x 1"). Using a No. 30 scoop (1 oz), spread beef mixture on each half-roll. Top each with 2 Tbsp (½ oz) of cheese. 4. **To Bake:** Conventional Oven 425°F, 10 minutes Convection Oven 375°F, 6 minutes Bake until cheese is melted.

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SERVING:	1 pizzaburger (½ bun) provides the equivalent of 1½ oz of cooked lean meat, ⅛ cup of vegetable, and the equivalent of 1 slice of bread
YIELD:	25 servings: 6 lb 12 oz 50 servings: 13 lb 8 oz

Nutrients Per Serving

Calories	201	Saturated Fat	3.9 g	Iron	1.8 mg
Protein	15 g	Cholesterol	39 mg	Calcium	135 mg
Carbohydrate	15 g	Vitamin A	60 RE/425 IU	Sodium	273 mg
Total Fat	8.9 g	Vitamin C	8 mg	Dietary Fiber	1 g

Tortilla Roll-Up

Meat • Grains/Breads

Sandwiches F-7

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Flour tortilla, 8-inch (1.8 oz each)	1 lb 7 oz	13 each	2 lb 14 oz	26 each		1. Sprinkle ¼ cup (1 oz) of shredded cheese on each tortilla.
Monterey Jack cheese, shredded	13 oz	3¼ cups	1 lb 10 oz	1 qt 2½ cups		
Chicken or turkey, cooked, diced	1 lb 9 oz	1 qt 2 cups	3 lb 2 oz	3 qt		2. In a bowl, combine chicken or turkey, salsa, onions, and red pepper (optional). Spread ½ cup (3½ oz) of chicken or turkey mixture on tortilla. Roll tortilla, like a jelly-roll. 3. Place 13 rolled tortillas in each steamtable pan (12" x 20" x 2½"). Cover with foil. 4. **To Bake:** Conventional Oven 375°F, 15 minutes Convection Oven 325°F, 15 minutes 5. Cut each tortilla in half to serve.
Mild salsa, chunky	1 lb 3 oz	2 cups	2 lb 6 oz	1 qt		
*Onions, minced		1 Tbsp 2 tsp		3 Tbsp 1 tsp		
OR						
Dehydrated onion flakes		¾ tsp		1½ tsp		
*Red bell pepper, seeded, minced (optional)		½ cup	4 oz	1 cup		

*See Marketing Guide.

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SERVING: 1 roll-up (½ filled tortilla) provides 1½ oz of cooked poultry and the equivalent of 1 slice of bread

YIELD:
25 servings: 5 lb
50 servings: 10 lb

Special Tips:

1. For a colorful topping, place on each roll-up 1 Tbsp lowfat yogurt, ½ oz shredded lettuce, and ½ oz diced tomatoes.
2. Attractive garnishes include fresh apple slices, grapes, and orange slices.

Nutrients Per Serving

Calories	198	Saturated Fat	3.6 g	Iron	1.5 mg
Protein	14 g	Cholesterol	37 mg	Calcium	158 mg
Carbohydrate	16 g	Vitamin A	47 RE/297 IU	Sodium	284 mg
Total Fat	8.3 g	Vitamin C	4 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	1 oz	2 oz	....
Red pepper	3 oz	5 oz	....

Barbecued Pork or Beef on Roll

Meat • Vegetable • Grains/Breads

Sandwiches F-8

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Lean ground pork (no more than 21% fat)	3 lb 7 oz		6 lb 14 oz			1. **In a pot, brown beef or pork until no signs of pink remain.** Drain and discard excess grease. Return meat to pot.
OR						
Lean ground beef (no more than 24% fat)	3 lb 4 oz		6 lb 8 oz			
*Onions, minced		2 Tbsp		1/4 cup		2. Add onions, celery, garlic powder, catsup, tomato paste, vinegar, brown sugar, dry mustard, black pepper, cayenne pepper, and stock. Bring to a boil. Reduce heat and simmer, uncovered, for 10 to 15 minutes, stirring frequently.
OR						
Dehydrated onion flakes		1 tsp		2 tsp		
*Fresh celery, minced		1/4 cup		1/2 cup		
Garlic powder		1/4 tsp		1/2 tsp		
Catsup	9 oz	1 cup	1 lb 2 oz	2 cups		
Tomato paste		1/4 cup	6 oz	1/2 cup		
Vinegar		1/4 cup		1/2 cup		
Brown sugar		1 Tbsp		2 Tbsp		
Dry mustard		1 1/2 tsp		1 Tbsp		
Black pepper		1/2 tsp		1 tsp		
Cayenne pepper		1/8 tsp		1/4 tsp		
Beef stock		3 cups		1 qt 2 cups		
OR						
Pork stock		3 cups		1 qt 2 cups		
Hamburger rolls		13 each		25 each		3. Using a No. 8 scoop, portion meat mixture onto the bottom half of each roll. Top each sandwich with other half of roll. Cut each sandwich in half.

*See Marketing Guide.

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SERVING: ½ sandwich provides 1½ oz of meat.
⅛ cup of vegetable, and 1 slice of bread

YIELD: 25 servings: 7 lb 9 oz
50 servings: 15 lb 2 oz

Nutrients Per Serving

Calories	207	Saturated Fat	3.6 g	Iron	1.5 mg
Protein	13 g	Cholesterol	40 mg	Calcium	46 mg
Carbohydrate	15 g	Vitamin A	20 RE/197 IU	Sodium	439 mg
Total Fat	10.1 g	Vitamin C	3 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	1 oz	2 oz	....
Celery	1 oz	2 oz	....

Toasted Cheese and Tomato Sandwich

Meat Alternate • Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
White bread, sliced .... **OR** Wheat bread, sliced	....	25 slices........ 25 slices........	....	50 slices .... 50 slices	....	1. Place half of the bread slices on lightly greased half-sheet pans (18" x 13" x 1"), 6 to 8 per pan. 2. Top each slice of bread with 1 oz of cheese, 1 slice (1½ oz) of tomato, and another 1 oz of cheese. Cover with remaining bread slices. 3. **To Bake:** Conventional Oven 400°F, 15 to 20 minutes Convection Oven 350°F, 10 to 15 minutes Bake until lightly browned. 4. Cut each sandwich in half diagonally.
American processed cheese, sliced, 1-oz slices	1 lb 9 oz	....	3 lb 2 oz	....	....	
*Fresh tomatoes, 1½-oz slices	1 lb 5 oz	....	2 lb 10 oz	....	....	

*See Marketing Guide.

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644

645

SERVING: ½ sandwich provides 1 oz of meat alternate, ⅛ cup of vegetable, and 1 slice of bread

YIELD:
25 servings: 25 (½ sandwiches)
50 servings: 50 (½ sandwiches)

Special Tips:

1. This sandwich may be served with bean salad to increase the amount of meat alternate.
2. Sandwiches may be garnished with fresh apple slices, carrot chips, cucumber slices, or broccoli florets.
3. To decrease the amount of fat, use a lowfat cheese in place of the American processed cheese.

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Tomatoes	1 lb 6 oz	2 lb 11 oz	....

Nutrients Per Serving

Calories	93	Saturated Fat	3.0 g	Iron	.5 mg
Protein	4 g	Cholesterol	14 mg	Calcium	102 mg
Carbohydrate	7 g	Vitamin A	53 RE/260 IU	Sodium	167 mg
Total Fat	5.3 g	Vitamin C	2 mg	Dietary Fiber	0 g

Egg Salad Sandwich

Meat Alternate • Grains/Breads

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh large eggs, hard-cooked, chilled	2 lb 13 oz	25 each	5 lb 9 oz	50 each		1. Finely chop eggs.
*Onions, chopped	4 oz	⅔ cup	8 oz	1⅓ cups		2. Combine eggs, onions, celery, pepper, dry mustard, mayonnaise or salad dressing, and pickle relish. Mix lightly until well blended. 3. **Cover. Refrigerate until ready to use.**
OR						
Dehydrated onions		2 Tbsp		¼ cup		
*Fresh celery, chopped	7 oz	1¾ cups	14½ oz	3½ cups		
Black or white pepper		¾ tsp		1½ tsp		
Dry mustard		¾ tsp		1½ tsp		
Mayonnaise or salad dressing	7 oz	¾ cup 2 Tbsp	14 oz	1¾ cups		
Sweet pickle relish, undrained	4 oz	½ cup	8½ oz	1 cup		
*Bread		50 slices		100 slices		4. Portion with No. 12 scoop (⅓ cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. **Cover. Refrigerate until ready to serve.**

*See Marketing Guide.

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SERVING: 1 sandwich provides 1 large egg and 2 slices of bread

YIELD: 25 servings: 2 qt (filling)
50 servings: 1 gal (filling)

Nutrients Per Serving

Calories	284	Saturated Fat	3.0 g	Iron	2.3 mg
Protein	11 g	Cholesterol	220 mg	Calcium	88 mg
Carbohydrate	29 g	Vitamin A	93 RE/324 IU	Sodium	434 mg
Total Fat	13.6 g	Vitamin C	1 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions	5 oz	9 oz	....
Celery	9 oz	1 lb 1½ oz ..	....
Bread, sliced	1⅝ sandwich loaves (2 lb each)	3¼ sandwich loaves (2 lb each)	....

Tuna Salad Sandwich

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Meat • Grains/Breads

Sandwiches F-11

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Tuna, in 66½-oz cans, water-packed, chunk	4 lb 3 oz	1 can	8 lb 5 oz	2 cans		1. Drain and flake tuna.
Dehydrated onions		3 Tbsp		¼ cup 2 Tbsp		2. Combine tuna, onions, celery, pickle relish, dry mustard, eggs (optional), and mayonnaise or salad dressing. Mix lightly until well blended. 3. **Cover and refrigerate until ready to use.**
*Fresh celery, chopped	1 lb	3¾ cups	2 lb	1 qt 3½ cups		
Sweet pickle relish, undrained	4½ oz	½ cup	3¾ oz	1 cup		
Dry mustard		¾ tsp		1½ tsp		
Fresh large eggs, hard-cooked, chopped (optional)	7 oz	4 each	14 oz	8 each		
Mayonnaise or salad dressing	1 lb 6 oz	2¾ cups	2 lb 11 oz	1 qt 1½ cups		
*Bread		50 slices		100 slices		4. Portion with No. 8 scoop (½ cup) on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. **Cover. Refrigerate until ready to serve.**

(over)

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SERVING: 1 sandwich provides 2 oz of cooked fish, ⅛ cup vegetable, and 2 slices of bread

YIELD:
25 servings: 3 qt (filling)
50 servings: 1½ gal (filling)

Nutrients Per Serving

Calories	414	Saturated Fat	3.5 g	Iron	3.0 mg
Protein	24 g	Cholesterol	37 mg	Calcium	79 mg
Carbohydrate	30 g	Vitamin A	37 RE/143 IU	Sodium	730 mg
Total Fat	22.0 g	Vitamin C	2 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Celery	1 lb 4 oz	2 lb 7 oz	....
Bread, sliced	1⅝ sandwich loaves (2 lb each)	3¼ sandwich loaves (2 lb each)	....

Sloppy Joe

Meat • Vegetable • Grains/Breads

Sandwiches F-12

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat)	4 lb 5 oz		8 lb 10 oz			1. Brown ground beef. Drain off fat.
*Onions, chopped	5 oz	¾ cup	9 oz	1½ cups		2. Add onions and garlic powder. Cook for 5 minutes. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer for 25 to 30 minutes. 3. Pour ground beef mixture into serving pans or bowls for portioning in Step 4.
OR						
Dehydrated onions		2 Tbsp 2 tsp		⅓ cup		
Garlic powder		1½ tsp		1 Tbsp		
Tomato paste	14 oz	1½ cups	1 lb 12 oz	3 cups		
Catsup	15 oz	1½ cups	1 lb 13 oz	3 cups		
Water		2¾ cups 2 Tbsp		1 qt 1¾ cups		
Vinegar		½ cup 1 Tbsp		1 cup 2 Tbsp		
Dry mustard		1 Tbsp		2 Tbsp		
Black pepper		½ tsp		1 tsp		
Brown sugar, packed		3 Tbsp		¼ cup 2 Tbsp		
Hamburger rolls, 0.9 oz		25 each		50 each		4. Portion with No. 12 scoop (⅓ cup) onto bottom half of each hamburger roll. Cover with top half of roll.

*See Marketing Guide.

(over)

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SERVING: 1 sandwich provides 2 oz of cooked lean meat, 1/4 cup of vegetable, and the equivalent of 2 slices of bread

YIELD:
25 servings: 2 qt 2 cups (filling)
50 servings: 1 gal 1 qt (filling)

Nutrients Per Serving

Calories	316	Saturated Fat	4.6 g	Iron	3.2 mg
Protein	19 g	Cholesterol	48 mg	Calcium	81 mg
Carbohydrate	32 g	Vitamin A	56 RE/558 IU	Sodium	488 mg
Total Fat	12.8 g	Vitamin C	10 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions	5 1/2 oz	10 1/2 oz	....

C53

C59

Toasted Cheese Sandwich

Meat Alternate • Grains/Breads

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Butter or margarine, melted..	....	¼ cup 2 Tbsp	6 oz..............	¾ cup...........	....	1. Brush approximately ½ oz (1 Tbsp) butter or margarine on each sheet pan (18" x 26" x 1"). For 25 servings, use 1½ sheet pans. For 50 servings, use 3 sheet pans.
*Bread....................................	....	50 slices........	....	100 slices	....	2. Place 20 slices of bread on each sheet pan, 5 down and 4 across.
Processed American cheese, sliced	3 lb 2 oz	25 slices........ (2 oz each)	6 lb 4 oz	50 slices .... (2 oz each)	....	3. Top each slice of bread with 1 slice (2 oz) of cheese. 4. Cover with remaining bread slices. 5. Brush tops of sandwiches with remaining butter or margarine, approximately 1½ oz (3 Tbsp) per pan. 6. **To Bake:** Conventional Oven 400°F, 15 to 20 minutes Convection Oven 350°F, 10 to 15 minutes Bake until lightly browned. DO NOT OVERBAKE. 7. If desired, cut each sandwich diagonally in half. Serve immediately.

*See Marketing Guide.

(over)

SERVING: 1 sandwich provides 2 oz of cheese and 2 slices of bread

YIELD:
25 servings: 25 sandwiches
50 servings: 50 sandwiches

Nutrients Per Serving

Calories	374	Saturated Fat	13.2 g	Iron	1.8 mg
Protein	17 g	Cholesterol	62 mg	Calcium	404 mg
Carbohydrate	27 g	Vitamin A	189 RE/787 IU	Sodium	1114 mg
Total Fat	22.2 g	Vitamin C	0 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Bread, sliced	$1\frac{5}{8}$ sandwich loaves (2 lb each)	$3\frac{1}{4}$ sandwich loaves (2 lb each)	....

G. Snacks

Food Safety Tips

1. *Always* wash hands *before* beginning any food preparation.
2. Be sure that cold foods are kept at a temperature of 40°F.

Recipes	Recipe Number
Bean Dip	G-2
Peanut Butter Dip	G-1
Yogurt Fruit Dip	G-4
Nachos (Quesadillas)	G-3

Peanut Butter Dip

Meat Alternate

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Peanut butter, creamy	1 lb 7 oz	2½ cups	2 lb 14 oz	1 qt 1 cup		1. In a mixing bowl, use the paddle attachment on medium speed to cream peanut butter, honey, and cinnamon. Mix for 5 minutes until smooth.
Honey	14 oz	1 cup 2 Tbsp	1 lb 12 oz	2¼ cups		
Ground cinnamon		1 tsp		2 tsp		

(over)

SERVING: 2 Tbsp provides 1½ Tbsp of peanut butter

YIELD: 25 servings: 2 lb 5 oz
50 servings: 4 lb 10 oz

VOLUME: 25 servings: 3 cups 2 Tbsp
50 servings: 1 qt 2¼ cups

Special Tip: This dip may be served with fruit, vegetables, or pretzels, or spread on graham crackers.

Nutrients Per Serving

Calories	203	Saturated Fat	2.7 g	Iron	.6 mg
Protein	7 g	Cholesterol	0 mg	Calcium	12 mg
Carbohydrate	18 g	Vitamin A	0 RE/0 IU	Sodium	122 mg
Total Fat	13.3 g	Vitamin C	0 mg	Dietary Fiber	2 g

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Bean Dip

Meat Alternate or Vegetable

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned garbanzo beans, drained	1 lb 6 oz	3½ cups	2 lb 12 oz	1 qt 3 cups		1. Mash or blend all ingredients, either by hand or by using a food processor. 2. **Refrigerate until ready to serve.**
Lemon juice		1½ tsp		1 Tbsp		
Granulated garlic		1 tsp		2 tsp		
Vegetable oil		2 Tbsp		¼ cup		
Low-sodium soy sauce		½ tsp		1 tsp		
Black pepper		⅛ tsp		¼ tsp		
Dried parsley flakes		2 Tbsp		¼ cup		
Water		¼ cup		½ cup		

(over)

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SERVING: 2 Tbsp provide 2 Tbsp of meat alternate or vegetable

YIELD:
25 servings: 1 lb 9 oz
50 servings: 3 lb 2 oz

VOLUME:
25 servings: 3 cups
50 servings: 1 qt 2 cups

Special Tip: For a tasty snack, serve this dip with whole wheat pita wedges.

Nutrients Per Serving

Calories	32	Saturated Fat	.2 g	Iron	.6 mg
Protein	2 g	Cholesterol	0 mg	Calcium	14 mg
Carbohydrate	4 g	Vitamin A	2 RE/25 IU	Sodium	109 mg
Total Fat	1.2 g	Vitamin C	0 mg	Dietary Fiber	1 g

Nachos (Quesadillas)

Meat • Grains/Breads

Snacks G-3

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Taco pieces	10 oz	1 gal	1 lb 4 oz	2 gal		1. Spread 5 oz (2 qt) of taco pieces on each half-sheet pan (18" x 13" x 1"). 2. Top each pan with ¾ cup (6 oz) of salsa and 1½ cups 2 Tbsp (6½ oz) of cheese. 3. **To Bake:** Conventional Oven 375°F, 7 minutes Convection Oven 350°F, 5 minutes Bake until cheese melts. For best results, serve immediately. 4. Each pan serves 13.
Salsa	12 oz	1½ cups	1 lb 8 oz	3 cups		
Cheddar cheese, shredded	13 oz	3¼ cups	1 lb 10 oz	1 qt 2½ cups		

(over)

SERVING: 1 oz with topping provides the equivalent of ½ oz of cooked lean meat and the equivalent of ⅓ slice of bread

YIELD:
25 servings: 2 lb 2 oz
50 servings: 4 lb 4 oz

Special Tip: For an attractive garnish, use 1 Tbsp of lowfat sour cream or yogurt and 1 Tbsp of Salsa (C-3).

Nutrients Per Serving

Calories	88	Saturated Fat	3.2 g	Iron	.4 mg
Protein	4 g	Cholesterol	15 mg	Calcium	132 mg
Carbohydrate	6 g	Vitamin A	56 RE/274 IU	Sodium	145 mg
Total Fat	5.2 g	Vitamin C	3 mg	Dietary Fiber	1 g

Yogurt Fruit Dip

Meat Alternate • Fruit

Snacks G-4

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lowfat plain yogurt	3 lb 4 oz	1 qt 2¼ cups	6 lb 8 oz	3 qt ½ cup		1. In a bowl, combine yogurt, peaches, applesauce, and honey. Stir to blend.
Canned peaches, diced, drained	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt		
Canned applesauce	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt		2. **Refrigerate until ready to serve.**
Honey		¼ cup	6 oz	½ cup		

(over)

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SERVING: ⅜ cup (No. 10 scoop) provides ¼ cup of yogurt and ⅛ cup of fruit

YIELD:
25 servings: 5 lb 9 oz
50 servings: 11 lb 2 oz

VOLUME:
25 servings: 2 qt 2 cups
50 servings: 1 gal 1 qt

Special Tip: This makes a good snack for dipping fruit and crackers.

Nutrients Per Serving

Calories	63	Saturated Fat	.1 g	Iron	.2 mg
Protein	4 g	Cholesterol	1 mg	Calcium	119 mg
Carbohydrate	13 g	Vitamin A	13 RE/121 IU	Sodium	47 mg
Total Fat	.1 g	Vitamin C	1 mg	Dietary Fiber	1 g

H. Soups

Food Safety Tips

1. *Always* wash hands *before* beginning any food preparation.
2. *Always* wash hands *after* handling any raw animal products, such as meat, fish, poultry, and eggs. This is to prevent cross-contamination.
3. Use food thermometer to check recommended cooking temperature.
4. Hold all hot foods at 140°F.

Recipes **Recipe Number**

Bean, Pea, or Lentil

Bean Soup H-8
Lentil Soup H-7
Multi-Bean Soup H-4
Split Pea Soup H-2

Beef

Beef Vegetable Soup (variation) H-11a

Poultry

Chicken (or Turkey) Chowder H-1
Chicken or Turkey Noodle Soup H-10
Chicken or Turkey Rice Soup H-10a
Chicken or Turkey Vegetable Soup (variation) H-11b

Vegetable*

Broccoli Cheese Soup H-5
Corn Chowder H-3
Cream of Vegetable Soup H-9
Minestrone H-12
Tomato Pasta Soup H-6
Vegetable Soup H-11

May include chicken or beef broth.

Chicken (or Turkey) Chowder

Meat • Vegetable

Soups H-1

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
*Onions, minced	7 oz	1½ cups	14 oz	3 cups		1. In a heavy pot, saute onions, celery, and carrots in oil until tender, about 5 minutes.
OR						
Dehydrated onion flakes		¼ cup 2 Tbsp		¾ cup		
*Fresh celery, ¼" dice	5 oz	1 cup	10 oz	2 cups		
*Fresh carrots, peeled, ½" dice	4 oz	1 cup	8 oz	2 cups		
Vegetable oil		¼ cup		½ cup		
Chicken or turkey meat, cooked, diced	1 lb 3 oz		2 lb 6 oz			2. Add chicken, chicken stock, potatoes, salt, and pepper. Bring to a boil over medium heat. Reduce heat and simmer uncovered for 30 minutes, until potatoes are tender.
Chicken stock		2 qt		1 gal		
*Fresh potatoes, peeled, ½" dice	12 oz	2 cups	1 lb 8 oz	1 qt		
Salt		½ tsp		1 tsp		
Black pepper		½ tsp		1 tsp		
Lowfat milk, hot		2 cups		1 qt		3. Stir in hot milk and parsley. Simmer for 3 minutes.
Dried parsley flakes		2 tsp		1 Tbsp 1 tsp		
Cornstarch		½ cup	4 oz	1 cup		4. Dissolve cornstarch in cold water and add to simmering soup. Whisk to combine. Simmer until thickened, about 5 minutes.
Water, cold		1 cup		2 cups		

*See Marketing Guide.

(over)

SERVING: ½ cup (4-oz ladle) provides ¾ oz of cooked poultry and ⅛ cup of vegetable

YIELD:
25 servings: 3 qt 3 cups
50 servings: 1 gal 3 qt 2 cups

Nutrients Per Serving

Calories	107	Saturated Fat	1.3 g	Iron	.5 mg
Protein	7 g	Cholesterol	18 mg	Calcium	38 mg
Carbohydrate	7 g	Vitamin A	134 RE/1183 IU	Sodium	554 mg
Total Fat	5.5 g	Vitamin C	3 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	8 oz	1 lb	....
Celery	6 oz	12 oz	....
Carrots	6 oz	12 oz	....
Potatoes	15 oz	1 lb 14 oz	....

Split Pea Soup

Meat Alternate • Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter		¼ cup	4 oz	½ cup		1. In a stock pot, saute onions in margarine or butter until soft and slightly browned, approximately 2 to 3 minutes.
*Onions, minced		½ cup	4 oz	1 cup		
OR						
Dehydrated onion flakes		2 tsp		1 Tbsp 1 tsp		
Water		3 qt		1 gal 2 qt		2. Add water to onions and bring to a boil. 3. Add peas, celery, carrots, bay leaves, salt, and pepper. Bring to a boil. 4. Reduce heat. Simmer, covered, until peas are soft, about 50 minutes.
Dry split green peas	1 lb 3 oz	2¾ cups	2 lb 6 oz	1 qt 1½ cups		
*Fresh celery, ¼" dice	12 oz	2½ cups	1 lb 8 oz	1 qt 1 cup		
*Fresh carrots, ½" dice	12 oz	2½ cups	1 lb 8 oz	1 qt 1 cup		
Dry bay leaves		1 each		2 each		
Salt		2 Tbsp		¼ cup		
Black pepper		½ tsp		1 tsp		
Ground marjoram		⅛ tsp		¼ tsp		5. Add marjoram, thyme, and hot milk. Stir to blend.
Ground thyme		½ tsp		1 tsp		
Lowfat milk, hot		2 cups		1 qt		
White bread, toasted	7 oz	7 slices	13 oz	13 slices		6. Serve with a 4-oz ladle. Place ¼ slice of toasted bread on top.

*See Marketing Guide.

(over)

SERVING: ½ cup (4-oz ladle) of soup with ½ slice of toast provides ¼ cup of cooked split peas, ¼ cup of vegetable, and ½ slice of bread

YIELD:
25 servings: 3 qt ½ cup
50 servings: 1 gal 2 qt 1 cup

Nutrients Per Serving

Calories	130	Saturated Fat	.6 g	Iron	1.4 mg
Protein	7 g	Cholesterol	1 mg	Calcium	59 mg
Carbohydrate	20 g	Vitamin A	384 RE/3612 IU	Sodium	660 mg
Total Fat	2.7 g	Vitamin C	2 mg	Dietary Fiber	6 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	2½ oz	5 oz	
Celery	14 oz	1 lb 12 oz	
Carrots	1 lb 1 oz	2 lb 2 oz	

Corn Chowder

Vegetable

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
*Onions, minced	4 oz	3/4 cup	8 oz	1 1/2 cups		1. In a heavy pot, saute onions and celery in margarine or butter until tender, about 5 minutes. 2. Add flour and cook for 1 minute, stirring continuously.
OR						
Dehydrated onion flakes		3 Tbsp		1/4 cup 2 Tbsp		
*Fresh celery, 1/4" dice	8 oz	2 cups	1 lb	1 qt		
Margarine or butter		1/4 cup 2 Tbsp	6 oz	3/4 cup		
All-purpose flour		3/4 cup	6 oz	1 1/2 cups		
Lowfat milk, hot		2 qt 2 cups		1 gal 1 qt		3. Slowly add hot milk to flour mixture. Whisk until smooth and thickened.
*White potatoes, peeled, 1/4" cubes	1 lb	2 3/4 cups	2 lb	1 qt 1 1/2 cups		4. Add potatoes and simmer for 10 minutes.
Canned yellow corn, cream-style	1 lb 8 oz	2 1/2 cups	3 lb	1 qt 1 cup		5. Stir in corn, salt, and pepper. Heat to 165°F serving temperature.
Salt		2 tsp		1 Tbsp 1 tsp		
White or black pepper		1/4 tsp		1/2 tsp		

*See Marketing Guide.

(over)

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SERVING: ½ cup (4-oz ladle) provides ¼ cup of vegetable

YIELD:
25 servings: 3 qt 2¼ cups
50 servings: 1 gal 3 qt 1 cup

Special Tip: For a creamy appearance, substitute instant nonfat dry milk for the lowfat milk. Use 6 oz (2¼ cups) of dry milk and 3¾ cups of water for each quart of milk needed.

Nutrients Per Serving

Calories	115	Saturated Fat	1.2 g	Iron	.5 mg
Protein	5 g	Cholesterol	4 mg	Calcium	128 mg
Carbohydrate	16 g	Vitamin A	95 RE/350 IU	Sodium	354 mg
Total Fat	4.0 g	Vitamin C	6 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	5 oz	10 oz	....
Celery	10 oz	1 lb 4 oz	....
Potatoes	1 lb 4 oz	2 lb 8 oz	....

C95

C91

Multi-Bean Soup

Meat Alternate • Vegetable

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Dry Great Northern beans	5 oz	¾ cup	10 oz	1½ cups		1. Soak beans in water for 20 to 30 minutes. Thoroughly drain and discard water. Rinse beans and drain thoroughly.
OR						
Dry navy pea beans	5 oz	¾ cup	10 oz	1½ cups		
Dry pinto beans	5 oz	¾ cup	10 oz	1½ cups		
Dry kidney beans	5 oz	¾ cup	10 oz	1½ cups		
Water		1 qt		2 qt		
Chicken stock		3 qt 1½ cups		1 gal 2 qt 3 cups		2. In a pot, combine soaked beans, chicken stock, bay leaves, thyme, and garlic powder. Bring to a boil over medium heat. Reduce heat, cover, and simmer until the beans are tender, about 50 minutes.
Dry bay leaves		1 each		2 each		
Dry thyme leaves		¼ tsp		½ tsp		
Garlic powder		¼ tsp		½ tsp		
*Fresh potatoes, ½" dice	8 oz	1½ cups	1 lb	3 cups		3. Add potatoes, carrots, celery, and onions. Simmer, covered, until tender, about 20 minutes.
*Fresh carrots, ½" dice	4 oz	1 cup	8 oz	2 cups		
*Fresh celery, ½" dice		½ cup	4 oz	1 cup		
*Onions, minced		½ cup	6 oz	1 cup		
OR						
Dehydrated onion flakes		1 Tbsp		2 Tbsp		
Lowfat milk, hot		1¼ cups		2½ cups		4. Add hot milk, salt, and pepper. Return to a simmer and cook, uncovered, for 15 minutes. 5. Remove bay leaves.
Salt		⅛ tsp		¼ tsp		
Black pepper		⅛ tsp		¼ tsp		

*See Marketing Guide.

(over)

SERVING: ½ cup (4-oz ladle) provides ¼ cup of cooked dry beans and ⅛ cup of vegetable

YIELD:
25 servings: 3 qt 3¼ cup
50 servings: 1 gal 3 qt 2½ cups

Special Tip:

1) If a softer bean is desired, beans may be soaked overnight.
2) If desired, soup may be made with canned beans. For 25 servings, substitute 2¼ cups of canned beans for each ¾ cup of dry beans.

Nutrients Per Serving

Calories	86	Saturated Fat	.3 g	Iron	1.2 mg
Protein	5 g	Cholesterol	0 mg	Calcium	48 mg
Carbohydrate	14 g	Vitamin A	129 RE/1200 IU	Sodium	825 mg
Total Fat	.9 g	Vitamin C	3 mg	Dietary Fiber	4 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Potatoes	10 oz	1 lb 4 oz	....
Carrots	6 oz	12 oz	....
Celery	3 oz	6 oz	....
Onions	4 oz	8 oz	....

Broccoli Cheese Soup

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken stock		2 qt 1 cup		1 gal 2 cups		1. In a pot, bring chicken stock to a boil. 2. Add carrots and onions. Boil until vegetables are tender, approximately 10 minutes.
*Fresh carrots, 1/4" dice	10 oz	2 cups	1 lb 4 oz	1 qt		
*Onions, minced	10 oz	2 cups	1 lb 4 oz	1 qt		
OR						
Dehydrated onion flakes		1/4 cup 2 Tbsp		3/4 cup		
All-purpose flour	6 oz	1 1/3 cups	12 oz	2 2/3 cups		3. In a heavy pot, melt margarine or butter. Whisk in flour and cook for 2 minutes. (This makes a roux.) Do not brown.
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups		
Lowfat milk, hot		3 cups		1 qt 2 cups		4. Slowly add hot milk to roux. Continue to whisk until smooth. 5. Slowly add stock and vegetables. 6. Add salt, pepper, and hot sauce. Whisk to blend. Simmer until thickened, about 10 minutes, whisking occasionally.
Salt		1/2 tsp		1 tsp		
White pepper		1/4 tsp		1/2 tsp		
Hot pepper sauce		1/8 tsp		1/4 tsp		
Lowfat cheddar cheese, shredded	1 lb 3 oz	1 qt 3/4 cup	2 lb 6 oz	2 qt 1 1/2 cups		7. Add cheese, whisking occasionally until cheese is melted. 8. Add broccoli. Stir occasionally until **heated to 165°F serving temperature.**
Frozen chopped broccoli	1 lb 7 oz	1 qt 2 1/4 cups	2 lb 14 oz	3 qt 1/2 cup		

*See Marketing Guide.

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SERVING: ½ cup (4-oz ladle) provides ¾ oz of cheese and ¼ cup of vegetable

YIELD: 25 servings: 1 gal 2½ cups
50 servings: 2 gal 1 qt 1 cup

Nutrients Per Serving

Calories	147	Saturated Fat	2.4 g	Iron	.7 mg
Protein	8 g	Cholesterol	6 mg	Calcium	154 mg
Carbohydrate	11 g	Vitamin A	444 RE/3759 IU	Sodium	804 mg
Total Fat	7.9 g	Vitamin C	15 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Carrots	14 oz	1 lb 12 oz	....
Onions	11 oz	1 lb 6 oz	....

Tomato Pasta Soup

Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Tomato juice		1 qt 2 cups		3 qt		1. In a pot, combine tomato juice, milk, bay leaves, tomato paste, sugar, Worcestershire sauce, celery salt, and pepper. Simmer for 10 minutes. Remove bay leaves.
Lowfat milk		1 qt		2 qt		
Dry bay leaves		2 each		4 each		
Tomato paste		1/4 cup	4 oz	1/2 cup		
Sugar		2 Tbsp		1/4 cup		
Worcestershire sauce		1 Tbsp		2 Tbsp		
Celery salt		1/2 tsp		1 tsp		
Black pepper		1/8 tsp		1/4 tsp		
Elbow macaroni	11 oz	2 1/2 cups	1 lb 6 oz	1 qt 1 cup		2. Cook pasta in boiling water about 8 minutes or until tender but firm ("al dente"). Drain and add to soup.
OR						
Alphabet pasta	11 oz	1 3/4 cups	1 lb 6 oz	3 1/2 cups		
OR						
Orzo	11 oz	1 1/2 cups	1 lb 6 oz	3 cups		

(over)

SERVING: ½ cup (4 oz ladle) provides ¼ cup of vegetable and the equivalent of ½ slice of bread

YIELD: 25 servings: 1 gal
50 servings: 2 gal

Special Tips:

1. For variety, use a combination of all three types of pasta.
2. Garnish with grated cheese or popcorn.

Nutrients Per Serving

Calories	77	Saturated Fat	.3 g	Iron	.9 mg
Protein	3 g	Cholesterol	2 mg	Calcium	57 mg
Carbohydrate	15 g	Vitamin A	62 RE/464 IU	Sodium	57 mg
Total Fat	.7 g	Vitamin C	12 mg	Dietary Fiber	1 g

Lentil Soup

Meat Alternate • Vegetable

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Dry lentils	11 oz	1½ cups	1 lb 6 oz	3 cups		1. Rinse lentils to sort out any unwanted materials. Drain well. 2. In a pot, combine lentils, stock, and tomato paste. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, until lentils are just tender, about 12 minutes.
Beef stock		2 qt		1 gal		
Tomato paste	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt		
*Potatoes, peeled, ½" cubes	6 oz	1 cup	12 oz	2 cups		3. Add potatoes, onions, celery, carrots, parsley, garlic, bay leaves, and cumin. Simmer, uncovered, until potatoes are tender, about 15 minutes. 4. Remove bay leaves.
*Onions, minced	5 oz	1 cup	10 oz	2 cups		
OR						
Dehydrated onion flakes		3 Tbsp		¼ cup 2 Tbsp		
*Fresh celery, ½" dice	7 oz	1½ cups	14 oz	3 cups		
*Fresh carrots, ½" dice	7 oz	1½ cups	14 oz	3 cups		
Dried parsley flakes		1 Tbsp		2 Tbsp		
Granulated garlic		1 tsp		2 tsp		
Dry bay leaves		1 each		2 each		
Ground cumin		⅛ tsp		¼ tsp		

*See Marketing Guide.

(over)

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SERVING: ½ cup (4-oz ladle) provides ¼ cup of cooked lentils and ¼ cup of vegetable

YIELD:
25 servings: 3 qt 1 cup
50 servings: 1 gal 2 qt 2 cups

Nutrients Per Serving

Calories	78	Saturated Fat	.2 g	Iron	1.9 mg
Protein	5 g	Cholesterol	0 mg	Calcium	25 mg
Carbohydrate	14 g	Vitamin A	254 RE/2544 IU	Sodium	461 mg
Total Fat	.6 g	Vitamin C	12 mg	Dietary Fiber	5 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Potatoes	7 oz	14 oz	
Onions	6 oz	12 oz	
Celery	8 oz	1 lb	
Carrots	10 oz	1 lb 4 oz	

Bean Soup

Meat Alternate • Vegetable

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken or ham stock		1 gal 2 cups		2 gal 1 qt		1. Combine stock, beans, tomato paste, onions, celery, carrots, pepper, parsley flakes, and ham (optional). Bring to a boil. (If desired, liquid from cooked beans may be used as part of the stock.) 2. Reduce heat. Cover. Simmer for 20 minutes or until vegetables are tender.
*Cooked dry Navy beans (see preparation note)	5 lb 1 oz	3 qt 1 cup	10 lb 2 oz	1 gal 2 qt 2 cups		
Tomato paste		¼ cup 2 Tbsp	7 oz	¾ cup		
*Onions, chopped	7 oz	1 cup 2 Tbsp	14 oz	2¼ cups		
OR						
Dehydrated onions		¼ cup		½ cup		
*Fresh celery, chopped		¾ cup	6½ oz	1½ cups		
*Fresh carrots, chopped		½ cup 2 Tbsp	6½ oz	1¼ cups		
Black or white pepper		½ tsp		1 tsp		
Dried parsley flakes		2 Tbsp		¼ cup		
Cooked ham, diced (optional)	8 oz	1½ cups	1 lb	3 cups		
All-purpose flour		½ cup	4½ oz	1 cup		3. Combine flour and water. Mix until smooth. 4. Add flour-and-water combination to stock mixture from Step 1. Stir well. Cook over medium heat until thickened, 10 to 12 minutes. 5. Pour into serving pans or soup bowls. 6. Portion with 8-oz ladle (1 cup).
Water		½ cup		1 cup		

*See Marketing Guide

(over)

SERVING: 1 cup (8-oz ladle) provides 1/2 cup of cooked dry beans and 1/8 cup of vegetable

YIELD:
25 servings: 1 gal 2 qt (approximately)
50 servings: 3 gal 1 qt (approximately)

Special Tip: Ham stock is the liquid that remains after boiling ham. You can also make it by draining the fat from pan drippings of baked ham, then diluting the drippings with 2 parts of water. In addition, you can make ham stock from a commercial ham base.

Preparation Note

SOAKING BEANS

Overnight method: Add 1 3/4 qt of cold water to each 1 lb of dry beans. Cover. **Let stand overnight in refrigerator.**

Quick-soak method: Boil 1 3/4 qt of water for each 1 lb of dry beans. Pour in beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked, add 1/2 tsp salt (optional) for each 1 lb of dry beans. Boil gently with lid tilted about 2 hours, until tender.

1 lb dry beans = about 2 1/2 cups dry beans
1 lb dry beans = 6 1/4 cups cooked beans

Nutrients Per Serving

Calories	166	Saturated Fat	.3 g	Iron	2.8 mg
Protein	10 g	Cholesterol	0 mg	Calcium	83 mg
Carbohydrate	29 g	Vitamin A	114 RE/1093 IU	Sodium	1295 mg
Total Fat	1.4 g	Vitamin C	4 mg	Dietary Fiber	15 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Dry Navy beans	2 lb 3 oz	4 lb 5 oz	
Mature onions	8 oz	1 lb	
Celery	4 oz	8 oz	
Carrots	5 oz	9 1/2 oz	

Cream of Vegetable Soup

Vegetable

Soups H-9

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Butter or margarine	8 oz	1 cup	1 lb	2 cups		1. Melt butter or margarine. Add onions and celery (optional). Cook over medium heat for 5 to 10 minutes.
*Onions, chopped	7 oz	1 cup 2 Tbsp	14 oz	2¼ cups		
OR						
Dehydrated onions		¼ cup		½ cup		
*Fresh celery, chopped (optional)	4 oz	1 cup	8½ oz	2 cups		
All-purpose flour	8 oz	1¾ cups 2 Tbsp	1 lb 1 oz	3¾ cups		2. Blend in flour and cook over medium heat, stirring constantly until golden brown, 6 to 8 minutes.
Reconstituted instant nonfat dry milk		1 qt		2 qt		3. Slowly stir in milk, broth, pepper, flaked basil (optional), parsley flakes (optional), and garlic powder. Blend well. Bring to a boil. Reduce heat. Simmer, uncovered, stirring frequently until slightly thickened, 10 to 15 minutes.
Chicken broth		1 gal 2 cups		2 gal 1 qt		
Black or white pepper		½ tsp		1 tsp		
Flaked basil (optional)		1½ tsp		1 Tbsp		
Parsley flakes (optional)		2 Tbsp		¼ cup		
Garlic powder		1½ tsp		1 Tbsp		
Assorted cooked or canned, drained vegetables. Choose one or more to total Broccoli Carrots Corn Green beans Green peas Spinach Mixed vegetables	2 lb 8 oz		5 lb			4. Add vegetables. Cook over medium heat 5 to 10 minutes, **until thoroughly heated (165°F).** 5. Pour into serving pans. 6. Portion with 8-oz ladle (1 cup).

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*See Marketing Guide.

(over)

SERVING: 1 cup (8-oz ladle) provides ¼ cup of vegetable and the equivalent of ½ slice of bread

YIELD:
25 servings: 1 gal 2 qt 2 cups (approximately)
50 servings: 3 gal 1 qt (approximately)

Nutrients Per Serving

Calories	156	Saturated Fat	4.8 g	Iron	1.0 mg
Protein	5 g	Cholesterol	20 mg	Calcium	81 mg
Carbohydrate	16 g	Vitamin A	605 RE/5582 IU	Sodium	1232 mg
Total Fat	8.4 g	Vitamin C	3 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	8 oz	1 lb.............	....
Celery........................	5 oz	10½ oz	....

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Chicken or Turkey Noodle Soup

Meat • Grains/Breads

Soups H-10

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken or turkey broth		1 gal 2 qt		3 gal		1. In a large, heavy kettle, combine broth, celery, carrots (optional), onions, parsley flakes (optional), pepper, and poultry seasoning. 2. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes.
*Fresh celery, chopped	12 oz	2¾ cups 2 Tbsp	1 lb 8 oz	1 qt 1¾ cups		
*Fresh carrots, chopped (optional)	6 oz	1 cup 2 Tbsp	12 oz	2¼ cups		
*Onions, chopped **OR**	7 oz	1 cup 2 Tbsp	14 oz	2¼ cups		
Dehydrated onions		¼ cup		½ cup		
Parsley flakes (optional)		2 Tbsp		¼ cup		
Black or white pepper		½ tsp		1 tsp		
Poultry seasoning		½ tsp		1 tsp		
Noodles	10 oz	1 qt 3½ cups	1 lb 4 oz	3 qt 3 cups		3. Add noodles and chicken or turkey. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender. 4. Pour into serving pans or bowls. 5. Portion with 8-oz ladle (1 cup).
*Cooked chicken or turkey, chopped	13 oz	2½ cups	1 lb 9½ oz	1 qt 1 cup		

*See Marketing Guide.

(over)

SERVING: 1 cup (8-oz ladle) provides ½ oz of cooked poultry and the equivalent of ½ slice of bread

YIELD:
25 servings: 1 gal 2 qt 2 cups (approximately)
50 servings: 3 gal 1 qt (approximately)

Variation:

a. Chicken or Turkey Rice Soup

25 servings: Follow Steps 1 and 2. In Step 3, omit noodles. Instead, use 11 oz (1½ cups 2 Tbsp) rice. Simmer for 20 minutes. Continue with Steps 4 and 5.

50 servings: Follow Steps 1 and 2. In Step 3, omit noodles. Instead, use 1 lb 6½ oz (3¼ cups) rice. Simmer for 20 minutes. Continue with Steps 4 and 5.

Nutrients Per Serving

Calories	96	Saturated Fat	.6 g	Iron	.8 mg
Protein	7 g	Cholesterol	22 mg	Calcium	27 mg
Carbohydrate	11 g	Vitamin A	17 RE/69 IU	Sodium	1447 mg
Total Fat	2.5 g	Vitamin C	2 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Celery	15 oz	1 lb 13 oz	
Carrots	9 oz	1 lb 1½ oz	
Mature onions	8 oz	1 lb	
Chicken, whole, without neck and giblets	2 lb 3 oz	4 lb 7 oz	
OR			
Turkey, whole, without neck and giblets	1 lb 12 oz	3 lb 7 oz	

Vegetable Soup

Vegetable

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken or beef broth		3 qt 3 cups		1 gal 3 qt 2 cups		1. Combine broth, tomatoes, celery, onions, pepper, parsley flakes, and garlic powder. Bring to a boil. 2. Reduce heat and cover. Simmer for 20 minutes.
Canned tomatoes, with liquid, chopped	3 lb 3 oz	1 qt 2 cups	6 lb 6 oz	1 No. 10 can		
*Fresh celery, chopped	5 oz	1¼ cups	10 oz	2½ cups		
*Onions, chopped **OR**	8 oz	1¼ cups 2 Tbsp	1 lb	2¾ cups		
Dehydrated onions		¼ cup 3 Tbsp		¾ cup 2 Tbsp		
Black pepper		½ tsp		1 tsp		
Parsley flakes		2 Tbsp		¼ cup		
Garlic powder		1 Tbsp		2 Tbsp		
Whole-kernel corn, canned, liquid pack, drained **OR**	9 oz	1½ cups	1 lb 1½ oz	3 cups		3. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.) 4. Cover and simmer for 15 minutes, or until vegetables are tender. 5. Pour into serving pans or bowls. 6. Portion with 8-oz ladle (1 cup).
Frozen whole-kernel corn	9 oz	1½ cups 2 Tbsp	1 lb 1½ oz	3¼ cups		
Canned diced carrots, drained **OR**	9 oz	1½ cups	1 lb 2 oz	3 cups		
Frozen sliced carrots	11 oz	2½ cups	1 lb 6 oz	1 qt 1 cup		
Canned cut green beans, drained **OR**	8 oz	1½ cups	15 oz	3 cups		
Frozen cut green beans	8 oz	1¾ cups	15 oz	3½ cups		
Canned green peas, drained **OR**	9 oz	1½ cups	1 lb 1½ oz	3 cups		
Frozen green peas	10 oz	2 cups	1 lb 4 oz	1 qt		

*See Marketing Guide.

(over)

SERVING: 1 cup (8-oz ladle) provides
½ cup of vegetable

YIELD: 25 servings: 1 gal 2 qt (approximately)
50 servings: 3 gal 1 qt (approximately)

Variations:

a. Beef Vegetable Soup

25 servings: In Step 1, use beef stock and 1 lb 10 oz (3½ cups) undrained canned beef, fat removed, or 1 lb 2 oz raw ground beef (no more than 24% fat), browned and drained. Continue with Steps 2 through 6.

50 servings: In Step 1, use beef stock and 3 lb 3 oz (1 qt 3 cups) undrained canned beef, fat removed, or 2 lb 2½ oz raw ground beef (no more than 24% fat), browned and drained. Continue with Steps 2 through 6.

b. Chicken or Turkey Vegetable Soup

25 servings: In Step 1, use chicken stock and 13 oz (2½ cups) cooked chopped chicken or turkey. Continue with Steps 2 through 6.

50 servings: In Step 1, use chicken stock and 1 lb 9½ oz (1 qt 1 cup) cooked chopped chicken or turkey. Continue with Steps 2 through 6.

Nutrients Per Serving

Calories	52	Saturated Fat	.2 g	Iron	.9 mg
Protein	3 g	Cholesterol	0 mg	Calcium	38 mg
Carbohydrate	9 g	Vitamin A	196 RE/1919 IU	Sodium	1087 mg
Total Fat	1.0 g	Vitamin C	13 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Celery	6 oz	12 oz	
Mature onions	10 oz	1 lb 2½ oz	

Minestrone

Meat Alternate • Vegetable • Grains/Breads

Soups H-12

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Water		½ cup		1 cup		1. Pour water into a large, heavy kettle. Add onions, carrots, cabbage, celery, and zucchini (optional). Simmer for 15 minutes until vegetables are tender.
*Onions, diced	4½ oz	¾ cup 2 Tbsp	9 oz	1¾ cups		
OR						
Dehydrated onions		2 Tbsp 1½ tsp		¼ cup 1 Tbsp		
*Fresh carrots, diced	11 oz	2¼ cups	1 lb 6 oz	1 qt ½ cup		
*Fresh cabbage, minced		¾ cup 1 Tbsp	6 oz	1⅔ cups		
*Fresh celery, chopped	4 oz	¾ cup 2 Tbsp	8 oz	1¾ cups		
*Fresh zucchini, chopped (optional)	4 oz	¾ cup 2 Tbsp	8 oz	1¾ cups		
Beef broth, non-MSG		1 gal 2 qt		3 gal		2. Add beef broth, tomato paste, chopped tomatoes, and seasonings. Simmer, uncovered, for 30 minutes.
Tomato paste	4 oz	½ cup	8 oz	1 cup		
Canned tomatoes, chopped	4 oz	½ cup	8 oz	1 cup		
Black pepper		½ tsp		1 tsp		
Dried oregano		⅛ tsp		¼ tsp		
Dried parsley		¼ tsp		½ tsp		
Granulated garlic		1 tsp		2 tsp		
Marjoram (optional)		1/16 tsp		⅛ tsp		
Canned white beans	2 lb	1 qt 1¼ cups	4 lb	2 qt 2½ cups		3. Add beans and macaroni. Continue simmering for 20 minutes. 4. Pour into serving pans or bowls.
Elbow macaroni	5½ oz	1 cup	11 oz	2 cups		

*See Marketing Guide.

(over)

SERVING: 1 cup (8-oz ladle) provides 1/8 cup of cooked beans, 1/4 cup of vegetable, and the equivalent of 1/4 slice of bread

YIELD:
25 servings: 11 lb 13 oz
50 servings: 23 lb 10 oz

VOLUME:
25 servings: 1 gal 3 qt
50 servings: 3 gal 2 qt

Special Tip: Garnish with Parmesan cheese.

Nutrients Per Serving

Calories	118	Saturated Fat	.1 g	Iron	2.5 mg
Protein	9 g	Cholesterol	0 mg	Calcium	64 mg
Carbohydrate	20 g	Vitamin A	331 RE/3309 IU	Sodium	93 mg
Total Fat	.5 g	Vitamin C	5 mg	Dietary Fiber	3 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	5½ oz	11 oz	
Carrots	1 lb	2 lb	
Cabbage	3½ oz	7 oz	
Celery	5 oz	10 oz	

I. Vegetables

Food Safety Tips

1. *Always* wash hands *before* beginning any food preparation.
2. *Always* wash hands *after* handling any raw animal products, such as eggs. This is to prevent cross-contamination.
3. Heat all cooked foods to recommended temperatures.
4. Use a food thermometer to determine the temperatures of foods for serving.
5. Hold all hot foods at a temperature of 140°F.

Recipes	Recipe Number
Beans	
Refried Beans	I-13
Broccoli	
Broccoli and Cauliflower Polonaise	I-16
Broccoli Souffle	I-7
Sesame Broccoli	I-3
Carrots	
Orange-Glazed Carrots (variation)	I-12a
Corn	
Corn Pudding	I-11
Mexicali Corn	I-15
Potatoes	
Mashed Potatoes (Fresh Potatoes)	I-1
Mashed Potatoes (Instant)	I-9
Mashed Potatoes With Vegetables (variation)	I-1a
Oven Fries	I-5
Potato Pancakes	I-6
Potato Patties	I-4
Quick-Baked Potato Halves (or Wedges)	I-17
Scalloped Potatoes (Dry Slices)	I-14
Scalloped Potatoes (Fresh Potatoes) (variation)	I-14a
Sweet Potatoes	
Baked Sweet Potatoes and Apples	I-8
Orange-Glazed Sweet Potatoes	I-12
Vegetables, Mixed	
Stir-Fry Vegetables	I-10
Vegetable Medley	I-2

Mashed Potatoes (Fresh Potatoes)

Vegetable

Vegetables I-1

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
*Fresh potatoes, peeled, quartered	2 lb 8 oz		5 lb			1. In a pot, boil potato quarters in water about 30 minutes or until tender. Drain.
Lowfat milk, hot		3/4 cup		1 1/2 cups		2. In a mixing bowl, use the whip attachment on medium speed to combine hot potatoes, hot milk, margarine or butter, salt, pepper, and mayonnaise (optional). Mix for 3 minutes. Scrape the sides of the bowl and mix on high speed for 1 minute, until smooth.
Margarine or butter		1/4 cup	4 oz	1/2 cup		
Salt		2 tsp		1 Tbsp 1 tsp		
White pepper		1/2 tsp		1 tsp		
Lowfat mayonnaise (optional)	4 oz	1/2 cup	8 oz	1 cup		

*See Marketing Guide.

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SERVING: 1/4 cup (No. 16 scoop) provides
1/4 cup of vegetable

YIELD:
25 servings: 2 lb 15 oz
50 servings: 5 lb 14 oz

VOLUME:
25 servings: 1 qt 3 cups
50 servings: 3 qt 2 cups

Special Tip: For a special occasion, use red potatoes and leave skins on half of the potatoes. Mash as directed.

Variation:

a. Potatoes with Vegetables

25 servings: After Step 2, place 2 lb frozen mixed vegetables in a lightly greased half-steamtable pan (12" x 10" x 2½"). Spread mashed potatoes over vegetables. Bake uncovered in a 325°F conventional oven for 30 minutes or in a 350°F convection oven for 30 minutes.

50 servings: After Step 2, place 4 lb of frozen mixed vegetables in a lightly greased steamtable pan (12" x 20" x 2½"). Spread mashed potatoes over vegetables. Bake uncovered in a 325°F conventional oven for 30 minutes or in a 350°F convection oven for 30 minutes.

Nutrients Per Serving

Calories	55	Saturated Fat	.4 g	Iron	.3 mg
Protein	1 g	Cholesterol	0 mg	Calcium	13 mg
Carbohydrate	9 g	Vitamin A	27 RE/90 IU	Sodium	214 mg
Total Fat	2.0 g	Vitamin C	7 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Potatoes	3 lb 2 oz	6 lb 4 oz	....

Vegetable Medley

Vegetable

Vegetables 1-2

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil		2 Tbsp		¼ cup		1. Heat oil in a pot. 2. Add the carrots, green beans, and corn. Simmer, covered, for 20 minutes. 3. Remove from heat. Drain liquid and reserve.
*Fresh carrots, sliced	1 lb 10 oz	1 qt 1½ cups	3 lb 4 oz	2 qt 3 cups		
Frozen cut green beans	8 oz	2 cups	1 lb	1 qt		
Frozen whole-kernel corn	1 lb 2 oz	1 qt	2 lb 4 oz	2 qt		
Vegetable or chicken stock		3¼ cups		1 qt 2½ cups		4. Bring vegetable or chicken stock to a boil. Reduce heat to medium and add reserved vegetable liquid, salt, sugar, and garlic powder.
Vegetable liquid, reserved		⅓ cup		⅔ cup		
Salt		2 tsp		1 Tbsp 1 tsp		
Sugar		2 Tbsp		¼ cup		
Garlic powder		¼ tsp		½ tsp		
Cornstarch		½ cup	4 oz	1 cup		5. Dissolve cornstarch in cold water. Add to hot liquids and simmer, stirring continuously until thickened, about 5 minutes. 6. Pour sauce over vegetables and toss to coat.
Water, cold		½ cup		1 cup		

*See Marketing Guide.

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SERVING: ½ cup (No. 8 scoop) provides
⅜ cup of vegetable

YIELD: 25 servings: 4 lb 15 oz
50 servings: 9 lb 14 oz

Special Tip: A combination of frozen peas, onions, broccoli, or frozen mixed vegetables may also be used.

Nutrients Per Serving

Calories	59	Saturated Fat	.2 g	Iron	.3 mg
Protein	1 g	Cholesterol	0 mg	Calcium	15 mg
Carbohydrate	11 g	Vitamin A	713 RE/7118 IU	Sodium	391 mg
Total Fat	1.5 g	Vitamin C	4 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Carrots	2 lb 5 oz	4 lb 10 oz	....

Sesame Broccoli

Vegetable

Vegetables 1-3

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken stock		1 1/2 cups		3 cups		1. In a pot, bring chicken stock, ginger, sugar, and soy sauce to a boil. Reduce heat and simmer for 5 minutes.
Ground ginger		1/8 tsp		1/4 tsp		
Sugar		2 Tbsp		1/4 cup		
Low-sodium soy sauce		2 Tbsp		1/4 cup		
Cornstarch		1 Tbsp 1 tsp		2 Tbsp 2 tsp		2. Dissolve cornstarch in cold water. Add to stock and cook for 3 minutes, stirring occasionally until slightly thickened. 3. Remove sauce from heat and slowly whisk in sesame oil.
Water, cold		2 Tbsp		1/4 cup		
Sesame oil		2 Tbsp		1/4 cup		
*Fresh broccoli florets **OR**	2 lb 2 oz	1 gal	4 lb 4 oz	2 gal		4. Place broccoli in a steamtable pan (12" x 20" x 2 1/2"). 5. **To Steam:** Compartment Steamer 5 minutes **To Boil:** Place in boiling water for 5 minutes. Drain. 6. Pour sauce over broccoli and stir to coat.
Frozen chopped broccoli	2 lb 2 oz	1 gal	4 lb 4 oz	2 gal		

*See Marketing Guide.

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SERVING: ¼ cup provides ¼ cup of vegetable

YIELD: 25 servings: 2 lb 12 oz
50 servings: 5 lb 8 oz

Special Tip: Other vegetables, such as green beans and onions, peas and carrots, or frozen mixed vegetables, may be used in place of broccoli.

Nutrients Per Serving

Calories	28	Saturated Fat	.2 g	Iron	.4 mg
Protein	1 g	Cholesterol	0 mg	Calcium	20 mg
Carbohydrate	4 g	Vitamin A	57 RE/567 IU	Sodium	142 mg
Total Fat	1.3 g	Vitamin C	31 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Broccoli	2 lb 10 oz	5 lb 4 oz	....

Potato Patties

Meat Alternate • Vegetable

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Dehydrated potato flakes	15 oz	1 qt 2 cups	1 lb 14 oz	3 qt		1. In a bowl, combine potato flakes and baking powder. Set aside.
Baking powder		1 Tbsp		2 Tbsp		
Boiling water		1 qt 1¼ cups		2 qt 2½ cups		2. In a mixing bowl, use the paddle attachment on low speed to combine boiling water, parsley, and salt for 10 seconds. Slowly mix in potato flakes until liquid is absorbed.
Dried parsley flakes		¼ cup 2 Tbsp		¾ cup		
Salt		2 tsp		1 Tbsp 1 tsp		
Fresh large eggs		3 each		6 each		3. Slowly add eggs and cheese. Mix on medium speed for 1 minute until smooth. 4. Using a No. 16 scoop (2 oz), portion 12 or 13 patties (3 x 4) onto lightly greased half-sheet pans (18" x 13" x 1"). Flatten cakes slightly and spray with vegetable spray to aid in the browning process. 5. **To Bake:** Conventional Oven 375°F, 20 minutes Convection Oven 350°F, 10 to 15 minutes Bake until golden brown and crispy.
OR						
Frozen whole eggs, thawed	6 oz	¾ cup	12 oz	1½ cups		
Monterey Jack cheese, shredded	11 oz	2¾ cups	1 lb 6 oz	1 qt 1½ cups		

(over)

SERVING: 1 patty provides the equivalent of ½ oz of cooked lean meat and ⅜ cup of vegetable

YIELD:
25 servings: 4 lb 1 oz
50 servings: 8 lb 2 oz

Nutrients Per Serving

Calories	118	Saturated Fat	2.6 g	Iron	.8 mg
Protein	5 g	Cholesterol	40 mg	Calcium	139 mg
Carbohydrate	14 g	Vitamin A	44 RE/235 IU	Sodium	341 mg
Total Fat	4.5 g	Vitamin C	15 mg	Dietary Fiber	1 g

Oven Fries

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Medium baking potatoes Vegetable oil	5 lb	 ½ cup	10 lb	 1 cup		1. Wash potatoes. Cut each potato in quarters. Cover with cold water to retard discoloring. Before baking, drain and pat with a clean, dry cloth. 2. In a bowl, toss 2 lb 8 oz potatoes with ¼ cup oil. Spread evenly on baker's paper on a half-sheet pan (18" x 13" x 1").
Black pepper Salt Paprika		½ tsp 2 tsp ½ tsp		1 tsp 1 Tbsp 1 tsp 1 tsp		3. In a bowl, combine pepper, salt, and paprika. 4. Sprinkle 1½ tsp of this seasoning mix over each pan of potatoes. 5. **To Bake:** Conventional Oven 500°F, 25 to 28 minutes Convection Oven 450°F, 20 to 23 minutes Turn after 15 minutes for even cooking. Bake until brown and tender.
Parmesan cheese, grated		2 Tbsp		¼ cup		6. Sprinkle 1 Tbsp Parmesan over each tray of potatoes. Return to oven for 1 minute.

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SERVING: 2 pieces provide ⅞ cup of vegetable

YIELD:
25 servings: 4 lb 3 oz
50 servings: 8 lb 6 oz

Special Tip: Other root vegetables, such as turnips, parsnips, and sweet potatoes may also be oven-fried.

Nutrients Per Serving

Calories	224	Saturated Fat	.9 g	Iron	6.4 mg
Protein	4 g	Cholesterol	1 mg	Calcium	47 mg
Carbohydrate	42 g	Vitamin A	5 RE/36 IU	Sodium	226 mg
Total Fat	4.8 g	Vitamin C	10 mg	Dietary Fiber	4 g

Potato Pancakes

Meat Alternate • Vegetable

Vegetables I-6

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh large eggs OR Frozen whole eggs, thawed	 14 oz	7 each 1¾ cups	 1 lb 12 oz	14 each 3½ cups		1. In a bowl, beat eggs and egg whites until foamy.
Fresh large egg whites OR Frozen egg whites, thawed	 11 oz	9 each 1¼ cups 2 Tbsp	 1 lb 6 oz	18 each 2¾ cups		
*Onion, grated OR Dehydrated onion flakes	12 oz	1½ cups ¼ cup 2 Tbsp	1 lb 8 oz	3 cups ¾ cup		2. Add onions, flour, baking powder, pepper, garlic powder, lemon juice, and salt to beaten eggs. Whisk to combine.
All-purpose flour		½ cup	6 oz	1 cup		
Baking powder		¾ tsp		1½ tsp		
Black pepper		¾ tsp		1½ tsp		
Garlic powder		¾ tsp		1½ tsp		
Lemon juice		1 Tbsp 1 tsp		2 Tbsp 2 tsp		
Salt		2 tsp		1 Tbsp 1 tsp		
Frozen, hash brown potatoes, thawed	3 lb 4 oz	2 qt 2 cups	6 lb 8 oz	1 gal 1 qt		3. Add potatoes and stir gently until they are coated with the egg mixture.

*See Marketing Guide.

(over)

Broccoli Souffle

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter	6 oz	¾ cup	12 oz	1½ cups		1. Melt margarine in a saucepan. Add flour and salt and stir until smooth. Cook over low heat for 3 minutes. Do not brown.
All-purpose flour	4 oz	1 cup	8 oz	2 cups		
Salt		2 tsp		1 Tbsp 1 tsp		
Lowfat milk, hot		1 qt		2 qt		2. Using a wire whip, slowly add milk to flour mixture. Cook until thickened and smooth, about 10 minutes. 3. Beat egg yolks until blended, using a whip. Slowly add eggs to white sauce, whisking to blend.
Egg yolks	6 oz	8 each	12 oz	16 each		
*Fresh broccoli, chopped **OR**	2 lb	3 qt 2 cups	4 lb	1 gal 3 qt		4. Cook fresh broccoli: **To Simmer:** Place broccoli in boiling water. After water boils again, reduce heat to simmer and cook for 10 to 20 minutes. **To Steam:** Place broccoli in steam-table pan (12" x 20" x 2½"). Cook in compartment steamer for 10 minutes. 5. Set aside to cool.
Frozen chopped broccoli	2 lb 15 oz		5 lb 14 oz			
Onions, grated		2 Tbsp		¼ cup		6. Add cooled broccoli (or thawed, drained, frozen broccoli), onions, bread crumbs, and lemon juice to white sauce.
Bread crumbs, soft	4 oz	1 cup	8 oz	2 cups		
Lemon juice		1 Tbsp		2 Tbsp		

*See Marketing Guide.

(over)

SERVING: 1 piece provides ½ cup of vegetable

YIELD: 25 servings: 5 lb 10 oz
50 servings: 11 lb 4 oz

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Egg whites	12 oz	12 each	1 lb 8 oz	24 each		7. Beat egg whites until stiff, but not dry. Fold egg whites into the white sauce. 8. Place 3 qt 3 cups (6 lb) mixture into each lightly sprayed steamtable pan (12" x 20" x 2½"). 9. **To Bake:** Conventional Oven 325°F, 30 minutes Convection Oven 350°F, 20 minutes **Bake until eggs are completely cooked and knife inserted in center comes out clean.** Allow to cool for 10 minutes. Cut each pan into 25 pieces (5 x 5).

Special Tip: For variety, souffles may be made with other vegetables, such as spinach, mushrooms, or zucchini.

Nutrients Per Serving

Calories	135	Saturated Fat	2.1 g	Iron	.9 mg
Protein	6 g	Cholesterol	89 mg	Calcium	87 mg
Carbohydrate	10 g	Vitamin A	202 RE/1150 IU	Sodium	422 mg
Total Fat	8.3 g	Vitamin C	18 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	1 oz	2 oz	
Broccoli	2 lb 7 oz	4 lb 14 oz	

Baked Sweet Potatoes and Apples

Vegetable • Fruit

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned sweet potatoes (cut), drained	1 lb 11 oz	1 qt ½ cup	3 lb 6 oz	2 qt 1 cup		1. For 25 servings, place 1 lb 11 oz (1 qt ½ cup) sweet potatoes in a lightly greased half-steamtable pan (12" x 10" x 2½"). For 50 servings, place 3 lb 6 oz (2 qt 1 cup) sweet potatoes in a lightly greased steamtable pan (12" x 20" x 2½").
Canned apples (unsweetened, sliced) with juice	1 lb 3 oz	2¼ cups 2 Tbsp	2 lb 6 oz	1 qt ¾ cup		2. For 25 servings, place 1 lb 3 oz (2¼ cups 2 Tbsp) apples over the sweet potatoes. For 50 servings, place 2 lb 6 oz (1 qt ¾ cup) apples over the sweet potatoes.
Brown sugar, packed Ground cinnamon Ground nutmeg (optional)		¼ cup 2 Tbsp ½ tsp ½ tsp	5½ oz	¾ cup 1 tsp 1 tsp		3. Combine brown sugar, cinnamon, and nutmeg (optional). 4. Sprinkle ¼ cup 2 Tbsp sugar mixture over the apples for 25 servings. Sprinkle ¾ cup sugar mixture over the apples for 50 servings.
Butter or margarine Water		2 Tbsp 2 tsp ¼ cup 2 Tbsp		⅓ cup ¾ cup		5. For 25 servings, dot mixture in pan with 2 Tbsp 2 tsp butter or margarine. For 50 servings, dot mixture in pan with ⅓ cup butter or margarine. 6. For 25 servings, add ¼ cup 2 Tbsp water to pan. For 50 servings, add ¾ cup water to pan.

(over)

SERVING: ¼ cup provides ¼ cup of vegetable and fruit

YIELD: 25 servings: 1 half-steamtable pan
50 servings: 1 steamtable pan

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
						7. **To Bake:** Conventional Oven 350°F, 25 to 30 minutes Convection Oven 300°F, 15 to 20 minutes 8. Portion ¼ cup per serving.

Nutrients Per Serving

Calories	66	Saturated Fat	.8 g	Iron	.4 mg
Protein	1 g	Cholesterol	3 mg	Calcium	10 mg
Carbohydrate	14 g	Vitamin A	227 RE/2200 IU	Sodium	26 mg
Total Fat	1.4 g	Vitamin C	3 mg	Dietary Fiber	1 g

765

764

Mashed Potatoes (Instant)

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
USING POTATO FLAKES:						
Boiling water		1 qt ½ cup		2 qt 1 cup		1. Pour boiling water and warm, reconstituted, instant nonfat dry milk into a large bowl.
Reconstituted, warm, instant nonfat dry milk		1½ cups		3 cups		2. Add instant potato flakes, butter or margarine, and salt. 3. Stir 30 seconds to moisten potatoes. Stir an additional 30 seconds to fluff. Avoid overmixing. (Using mixer is not recommended.) 4. Serve.
Instant potato flakes	8 oz		1 lb ½ oz			
Butter or margarine		3 Tbsp	3 oz	¼ cup 2 Tbsp		
Salt		¾ tsp		1½ tsp		
USING POTATO GRANULES:						
Boiling water		3½ cups		1 qt 3 cups		1. Pour boiling water and warm, reconstituted, instant nonfat dry milk into mixer bowl.
Reconstituted, warm, instant nonfat dry milk		1 cup 3 Tbsp		2¼ cups 2 Tbsp		2. Add instant potato granules, butter or margarine, and salt. 3. Mix 30 seconds to moisten potatoes. Beat an additional 1 minute until fluffy. (Using mixer is recommended.) 4. Serve.
Instant potato granules	8 oz		1 lb ½ oz			
Butter or margarine	3 oz	3 Tbsp	3 oz	¼ cup 2 Tbsp		
Salt		¾ tsp		1½ tsp		

(over)

SERVING: 1 piece provides the equivalent of 1 oz of cooked lean meat and ¼ cup of vegetable

YIELD:
25 servings: 5 lb 2 oz
50 servings: 10 lb 4 oz

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						4. Spread 3 qt (5 lb 13 oz) of the potato-egg mixture evenly onto each lightly greased half-sheet pan (18" x 13" x 1"). **To Bake:** Conventional Oven 375°F, 45 minutes Convection Oven 350°F, 35 minutes Bake until lightly browned and crispy. 5. Cut each pan into 25 pieces (5 x 5).

Special Tip: These pancakes may be served with Maple Applesauce Topping (C-1).

Nutrients Per Serving

Calories	177	Saturated Fat	3.2 g	Iron	1.3 mg
Protein	6 g	Cholesterol	67 mg	Calcium	29 mg
Carbohydrate	21 g	Vitamin A	30 RE/101 IU	Sodium	262 mg
Total Fat	8.4 g	Vitamin C	5 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	14 oz	1 lb 12 oz	....

SERVING: ¼ cup (No. 16 scoop) provides ¼ cup of vegetable

YIELD:
25 servings: 1½ qt (approximately)
50 servings: 3 qt (approximately)

NOTE: Since the starch content of potatoes can differ, you may need to adjust the quantity of liquid used. Increase or decrease as needed for a fluffy product.

Nutrients Per Serving

Calories	50	Saturated Fat	.8 g	Iron	.1 mg
Protein	1 g	Cholesterol	4 mg	Calcium	22 mg
Carbohydrate	8 g	Vitamin A	13 RE/52 IU	Sodium	103 mg
Total Fat	1.4 g	Vitamin C	8 mg	Dietary Fiber	0 g

Stir-Fry Vegetables

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Assorted frozen and/or fresh vegetables	3 lb 2 oz		6 lb 4 oz			1. Select a colorful assortment of four or more vegetables from the three vegetable lists. (Frozen vegetables may be mixed with fresh vegetables.) Keep Group A vegetables separate from Group B and optional vegetables, because they require different cooking times in Step 4. Clean, slice, and cut vegetables into bite-size pieces.
Group A						
Broccoli						
Carrots						
Cauliflower						
Celery						
Onions						
Group B						
Cabbage						
Green beans						
Green peas						
Yellow summer squash						
Zucchini						
Optional vegetables						
Bean sprouts						
Snow peas						
Red or green peppers						
Pimentos						
Water chestnuts						
Water		1/4 cup		1/2 cup		2. Combine water, soy sauce, and garlic powder. Set aside for Step 6.
Soy sauce		2 Tbsp		1/4 cup		
Garlic powder		1 tsp		2 tsp		

(over)

50 servings: 3 qt 3 cups (approximately)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil	....	¼ cup	....	½ cup	....	3. Heat oil in a large, heavy skillet or pan. Add pepper to oil and stir.
Black pepper	....	¼ tsp	....	½ tsp	....	4. **Add vegetables in order of cooking time, as follows:** Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute. 5. Add soy sauce mixture to vegetables. Stir quickly for a few seconds. 6. Cover, reduce heat, and steam for 2 to 3 minutes. DO NOT OVERCOOK VEGETABLES. They will continue to cook on the steamtable. 7. Pour into serving pans or bowls. (Portion ¼ cup per serving.)

Nutrients Per Serving*

Calories	35	Saturated Fat	.3 g	Iron	.3 mg
Protein	1 g	Cholesterol	0 mg	Calcium	17 mg
Carbohydrate	4 g	Vitamin A	221 RE/2208 IU	Sodium	107 mg
Total Fat	2.3 g	Vitamin C	16 mg	Dietary Fiber	1 g

**Equal amounts of fresh broccoli, carrots, cabbage, green pepper, celery, onion, and canned bean sprouts are used in the nutrient calculation.*

Corn Pudding

Meat Alternate • Vegetable

Vegetables I-11

Ingredients	25 Servings		50 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Reconstituted instant, nonfat dry milk		1 cup		2 cups		1. In a mixer bowl, combine milk, flour, eggs, butter or margarine, sugar, pepper, and nutmeg (optional). Mix for 3 minutes on low speed.
All-purpose flour	5½ oz	1¼ cups	11 oz	2½ cups		
Fresh large eggs, beaten		7 each		13 each		
OR						
Frozen whole eggs, thawed	12 oz	¾ cup	1 lb 7 oz	1½ cups		
Butter or margarine, melted		¼ cup	4 oz	½ cup		
Sugar		1 Tbsp		2 Tbsp		
Black or white pepper		½ tsp		1 tsp		
Ground nutmeg (optional)		½ tsp		1 tsp		
Canned whole-kernel corn, drained	1 lb 2 oz	3 cups	2 lb 3 oz	1 qt 2 cups		2. Add whole-kernel corn, cream-style corn, and onions (optional). Mix for 2 minutes on low speed. 3. For 25 servings, pour 4 lb 13 oz (2 qt 1 cup) into a lightly greased half-steamtable pan (12" x 10" x 2½"). For 50 servings, pour 9 lb 9 oz (1 gal 2 cups) into a lightly greased steamtable pan (12" x 20" x 2½").
Canned cream-style corn	2 lb 1 oz	3½ cups 2 Tbsp	4 lb 2 oz	1 qt 3¼ cups		
Dehydrated onions (optional)		2 Tbsp 2 tsp		⅓ cup		

(over)

vegetable, and the equivalent of ½ slice of bread

50 servings: 1 steamtable pan

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						4. **To Bake:** Conventional Oven 375°F, 50 to 60 minutes Convection Oven 325°F, 30 to 40 minutes Bake until lightly browned. 5. For 25 servings, cut each pan 5 x 5 (25 pieces per pan). For 50 servings, cut each pan 5 x 10 (50 pieces per pan).

Nutrients Per Serving

Calories	106	Saturated Fat	1.6 g	Iron	.8 mg
Protein	4 g	Cholesterol	58 mg	Calcium	22 mg
Carbohydrate	16 g	Vitamin A	48 RE/217 IU	Sodium	211 mg
Total Fat	3.5 g	Vitamin C	3 mg	Dietary Fiber	1 g

Orange-Glazed Sweet Potatoes

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned sweet potatoes (cut), with light syrup	4 lb 3½ oz	1 qt 3½ cups	8 lb 7 oz	3 qt 3 cups	....	1. Drain sweet potatoes, reserving liquid. For 25 servings, reserve ½ cup liquid. For 50 servings, reserve 1 cup liquid. Set liquid aside for Step 3. 2. For 25 servings, place 2 lb 12½ oz (1 qt 3 cups) sweet potatoes into a half-steamtable pan (12" x 10" x 2½"). For 50 servings, place 5 lb 9 oz (3 qt 2 cups) sweet potatoes into a steamtable pan (12" x 20" x 2½").
Butter or margarine	....	¼ cup	4 oz	½ cup	....	3. **For Glaze**: Combine butter or margarine, brown sugar, undiluted orange juice concentrate, sweet potato liquid, nutmeg (optional), and cinnamon. Stir to blend. 4. Bring to a boil. Remove from heat. Add raisins (optional). 5. For 25 servings, pour over the sweet potatoes: 1¼ cups 2 Tbsp glaze. For 50 servings, pour over the sweet potatoes: 2¾ cups glaze. **To Bake:** Conventional Oven 375°F, 20 to 30 minutes Convection Oven 325°F, 15 to 20 minutes 6. Portion ¼ cup per serving.
Brown sugar, packed	....	¼ cup 2 Tbsp	5¼ oz	½ cup 3 Tbsp	....	
Undiluted, frozen orange juice concentrate	....	¼ cup 2 Tbsp	7 oz	¾ cup	....	
Ground nutmeg (optional)	....	½ tsp	....	1 tsp	....	
Ground cinnamon	....	½ tsp	....	1 tsp	....	
Raisins (optional)	....	½ cup	5 oz	1 cup	....	

(over)

SERVING: ½ cup provides ½ cup of vegetable

YIELD:
25 servings: 1 half-steamtable pan
50 servings: 1 steamtable pan

Variation:

a. Orange-Glazed Carrots

25 servings: Omit Step 1. In Step 2, omit sweet potatoes. Use 2 lb 11 oz (1 qt 3 cups) drained sliced carrots. In Step 3, omit sweet potato liquid. Use ½ cup water mixed with 1 Tbsp cornstarch. Continue with Steps 4 through 6.

50 servings: Omit Step 1. In Step 2, omit sweet potatoes. Use 5 lb 5 oz (3 qt 2 cups) drained sliced carrots. In Step 3, omit sweet potato liquid. Use 1 cup water mixed with 2 Tbsp cornstarch. Continue with Steps 4 through 6.

Nutrients Per Serving

Calories	89	Saturated Fat	1.2 g	Iron	.6 mg
Protein	1 g	Cholesterol	5 mg	Calcium	14 mg
Carbohydrate	17 g	Vitamin A	380 RE/3696 IU	Sodium	40 mg
Total Fat	2.0 g	Vitamin C	10 mg	Dietary Fiber	2 g

Refried Beans

Meat Alternate • Vegetable

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned pinto beans, drained, stock reserved	3 lb 10 oz	1 qt 3½ cups	7 lb 3 oz	1 No. 10 can + 3 cups		1. Place beans, chicken broth or bean stock, oil, and seasonings (optional) in mixer. Blend on medium speed for 3 to 5 minutes until smooth or to desired consistency. 2. For 25 servings, pour 1 qt 3 cups bean mixture into a lightly oiled half-steamtable pan (12" x 10" x 2½"). For 50 servings, pour 3 qt 2 cups bean mixture into a lightly oiled steamtable pan (12" x 20" x 2½"). 3. **To Bake:** Conventional Oven 350°F, 30 minutes Convection Oven 300°F, 20 minutes
OR						
*Cooked dry pinto beans, drained (see preparation note)	2 lb 7 oz	1 qt 2½ cups	4 lb 13 oz	3 qt 1 cup		
Chicken broth or bean stock		½ cup		1 cup		
Vegetable oil		¼ cup		½ cup		
Seasonings (optional):						
Chili powder		1 Tbsp		2 Tbsp		
Ground cumin		2¼ tsp		1 Tbsp 1½ tsp		
Paprika		¾ tsp		1½ tsp		
Onion powder		¾ tsp		1½ tsp		
Cheddar cheese, shredded	5½ oz	1½ cups 2 Tbsp	11 oz	3¼ cups		4. For 25 servings, sprinkle 5½ oz (1½ cups 2 Tbsp) cheese over each half-steamtable pan. For 50 servings, sprinkle 11 oz (3¼ cups) cheese over each steamtable pan. 5. Portion with No. 16 scoop (¼ cup).

*See Marketing Guide.

(over)

SERVING: ¼ cup (No. 16 scoop) provides ¼ cup of cooked dry beans

YIELD:
25 servings: 1 half-steamtable pan
50 servings: 1 steamtable pan

Preparation Note:

SOAKING BEANS

Overnight method: Add 1 qt 3 cups of water for each 1 lb of dry beans. Cover. Let stand overnight in refrigerator.

Quick-soak method: Boil 1 qt 3 cups of cold water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked, add ½ tsp salt (optional) for each 1 lb of dry beans. Boil gently with lid tilted about 2 hours, until beans are tender.

1 lb dry beans = approximately 2½ cups dry beans
1 lb dry beans = 6¼ cups cooked beans

Nutrients Per Serving

Calories	103	Saturated Fat	1.7 g	Iron	1.3 mg
Protein	6 g	Cholesterol	7 mg	Calcium	78 mg
Carbohydrate	10 g	Vitamin A	20 RE/68 IU	Sodium	344 mg
Total Fat	4.6 g	Vitamin C	0 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Pinto beans, dry.......	1 lb	2 lb ½ oz	....

Scalloped Potatoes (Dry Slices)

Vegetable

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Dehydrated sliced potatoes	9 oz	1 qt 1½ cups	1 lb 2 oz	2 qt 3 cups ...	....	1. Rehydrate potatoes according to package instructions or cover potatoes with hot tap water. Let stand for 5 minutes. Drain well. 2. For 25 servings, place 1 lb 5 oz (1½ qt) potatoes into a lightly greased half-steamtable pan (12" x 10" x 2½"). For 50 servings, use 1 steamtable pan. Set aside for Step 6.
Butter or margarine	....	3 Tbsp	3 oz	¼ cup 2 Tbsp	....	3. In a pot, melt butter or margarine. Add onions and cook over medium heat for 5 to 10 minutes. 4. Blend in flour. Cook over medium heat for 6 to 8 minutes, stirring constantly until golden brown.
*Onions, chopped	3½ oz	½ cup 1 Tbsp	7 oz	1 cup 2 Tbsp	....	
OR						
Dehydrated onions	....	2 Tbsp	....	¼ cup	....	
All-purpose flour	....	¼ cup 2 Tbsp	3 oz	¾ cups	....	
Reconstituted instant, nonfat dry milk	....	1½ qt	....	3 qt	....	5. Slowly stir in milk, salt, pepper, and parsley flakes (optional). Blend well. Cook over medium heat, stirring frequently until slightly thickened, 10 to 15 minutes. 6. Pour 1½ qt liquid mixture over potatoes in each half-steamtable pan. Stir to combine.
Salt	....	1½ tsp	....	1 Tbsp	....	
Black or white pepper	....	⅜ tsp	....	¾ tsp	....	
Dried parsley flakes (optional)	....	2 Tbsp	....	¼ cup	....	

*See Marketing Guide.

(over)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Butter or margarine, melted (optional)	....	2 Tbsp	2 oz	¼ cup	....	7. **Optional Topping:** Combine butter or margarine and bread crumbs. Mix to coat crumbs well. Sprinkle crumbs evenly over each pan, approximately 4 oz (¾ cup) per half-steamtable pan for 25 servings; or 8 oz (1⅔ cups) per steamtable pan for 50 servings. 8. **To Bake:** Conventional Oven 350° F, 45 to 60 minutes Convection Oven 300°F, 35 to 45 minutes Bake until evenly golden brown on top. 9. Hold for 30 minutes on a steamtable (180°F to 190°F) to allow sufficient time for mixture to set up properly. 10. Portion with No. 16 scoop (¼ cup).
Bread crumbs, dry (optional)	3 oz	¾ cup 1 Tbsp	6 oz	1½ cups 2 Tbsp	....	

SERVING: ½ cup provides ½ cup of vegetable

YIELD: 25 servings: 1 steamtable pan
50 servings: 2 steamtable pans

Variation:

a. Scalloped Potatoes (Fresh Potatoes*)

25 servings: Omit Step 1. In Step 2, use 2 lb (1¹/₂ qt) fresh potatoes, peeled and thinly sliced. Place in a steamtable pan. Continue with Steps 3 and 4. In Step 5, use 1 qt milk. In Step 6, pour 1 qt ¹/₂ cup liquid mixture over potatoes in pan. Continue with Step 7. In Step 8, bake in a conventional oven, 350°F, 50 to 65 minutes; or in a convection oven, 300°F, 40 to 50 minutes. Continue with Steps 9 and 10.

50 servings: Omit Step 1. In Step 2, use 4 lb 1 oz (3 qt) fresh potatoes, peeled and thinly sliced. Place 2 lb (1¹/₂ qt) potatoes into each steamtable pan. Continue with Steps 3 and 4. In Step 5, use ¹/₂ gal milk. In Step 6, pour 1 qt ¹/₂ cup liquid mixture over potatoes in pan. Continue with Step 7. In Step 8, bake in a conventional oven, 350°F, 50 to 65 minutes; or in a convection oven, 300°F, 40 to 50 minutes. Continue with Steps 9 and 10.

*See Marketing Guide.

Nutrients Per Serving

Calories	78	Saturated Fat	.9 g	Iron	.2 mg
Protein	3 g	Cholesterol	4 mg	Calcium	80 mg
Carbohydrate	13 g	Vitamin A	13 RE/54 IU	Sodium	198 mg
Total Fat	1.5 g	Vitamin C	8 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items
Scalloped Potatoes (Dry Slices)

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions	4 oz	8 oz	....

Marketing Guide for Selected Items
Scalloped Potatoes (Fresh Potatoes)

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions	4 oz	8 oz	....
Potatoes	2 lb 8 oz	5 lb..............	....

Mexicali Corn

Vegetable

Vegetables I-15

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned liquid pack, whole-kernel corn	3 lb 5 oz	1 qt 2 cups....	6 lb 10 oz	1 No. 10 can	....	1. Prepare corn: A. IF USING CANNED CORN: **To Microwave:** Drain and discard approximately half of the liquid. Place corn with remaining liquid, green pepper, and onions in a half-steamtable pan (12" x 10" x 2½") for 25 servings; or in a steamtable pan (12" x 20" x 2½") for 50 servings. Stir to combine. **Heat, uncovered, until heated thoroughly (165°F).** **OR** **To Heat:** Drain and discard half the liquid. Place corn with remaining liquid, green pepper, and onions in stock pot. Stir to combine. **Heat, uncovered, for 5 to 10 minutes until heated thoroughly (165° F).** Drain. Pour into serving pans.
OR						
Frozen whole-kernel corn	2 lb 2 oz	1 qt 2 cups....	4 lb 3 oz	3 qt	....	
*Fresh green pepper, finely chopped	....	½ cup	5¼ oz	1 cup	....	
*Onions, chopped..................	....	¼ cup 2 Tbsp	4½ oz	¾ cup	....	
OR						
Dehydrated onions	....	2 Tbsp	....	¼ cup	....	

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*See Marketing Guide.

(over)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						B. IF USING FROZEN CORN: **To Microwave:** Place corn, green pepper, and onions in a half-steamtable pan (12" x 10" x 2 1/2") for 25 servings; or in a steamtable pan (12" x 20" x 2 1/2") for 50 servings. Stir to combine. **Heat, uncovered, until heated thoroughly (165° F).** **OR** **To Cook:** Place corn, green peppers, and onions in a stock pot. For 25 servings, add 1 cup water. For 50 servings, add 2 cups water. Bring water to a boil. Reduce heat. Simmer, uncovered, for 5 to 10 minutes. Drain. Pour into serving pans.
Pimentos, chopped		2 Tbsp 2 tsp		1/3 cup		2. Add pimentos, butter or margarine, and seasonings. Stir lightly.
Butter or margarine		2 Tbsp		1/4 cup		3. Portion with No. 16 scoop (1/4 cup).
Seasonings:						
Chili powder		1/2 tsp		1 1/4 tsp		
Ground cumin		3/8 tsp		3/4 tsp		
Paprika		1/4 tsp		1/2 tsp		
Onion powder		1/4 tsp		1/2 tsp		

SERVING: 1/4 cup (No. 16 scoop) provides
1/4 cup of vegetable

YIELD: 25 servings: 1 gal 2 qt 2 cups
50 servings: 3 gal 1 qt

Nutrients Per Serving

Calories	43	Saturated Fat	.6 g	Iron	.4 mg
Protein	1 g	Cholesterol	3 mg	Calcium	4 mg
Carbohydrate	8 g	Vitamin A	24 RE/190 IU	Sodium	139 mg
Total Fat	1.4 g	Vitamin C	7 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Green peppers	3½ oz	6¾ oz	....
Mature onions	2½ oz	5¼ oz	....

Broccoli and Cauliflower Polonaise

Vegetable

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter, melted	2 oz	1/4 cup	4 oz	1/2 cup		1. In a stock pot, heat margarine or butter until browned. 2. Turn off heat and add lemon juice.
Lemon juice		1 Tbsp		2 Tbsp		
*Onions, 1/4" dice		1/4 cup	2 1/2 oz	1/2 cup		3. To the butter-lemon (or margarine-lemon) mixture, add the fresh or rehydrated onions, basil, parsley, white pepper, onion salt, Parmesan cheese, and bread crumbs. Mix, then set aside.
OR						
+Dehydrated onions		1 Tbsp		2 Tbsp		
Dried basil leaves		3/4 tsp		1 1/2 tsp		
Dried parsley		1 1/2 tsp		1 Tbsp		
White pepper		1/8 tsp		1/4 tsp		
Onion salt		1/2 tsp		1 tsp		
Parmesan cheese, grated		3 Tbsp	2 oz	1/4 cup 2 Tbsp		
Dry bread crumbs	2 1/2 oz	1/2 cup	5 oz	1 cup		
Frozen broccoli spears	1 lb 9 oz		3 lb 2 oz			
Frozen cauliflower	1 lb 9 oz		3 lb 2 oz			4. Place broccoli and cauliflower in separate half-steamtable pans (12" x 10" x 2 1/2"). Heat each pan in microwave until vegetables are tender. Drain water from pans. 5. In each half-steamtable pan, combine 1 lb 6 oz of cooked broccoli and 1 lb 6 oz of cooked cauliflower. 6. Sprinkle 1 cup of bread crumb mixture (from Step 3) over each pan of vegetables before serving. 7. Each half-steamtable pan serves 25.

*See Marketing Guide.

+Rehydrate onions in an equal amount of water. Do not drain.

(over)

SERVING: ¼ cup (No. 16 scoop) provides ¼ cup of vegetable

YIELD: 25 servings: 6 lb 5½ oz
50 servings: 12 lb 11 oz

Nutrients Per Serving

Calories	48	Saturated Fat	.6 g	Iron	.5 mg
Protein	2.5 g	Cholesterol	1 mg	Calcium	41 mg
Carbohydrate	5 g	Vitamin A	62 RE/463 IU	Sodium	108 mg
Total Fat	2.5 g	Vitamin C	27 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	2 oz	3 oz	....

Quick-Baked Potatoes

Vegetable

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Baking potatoes, 80-count	7 lb 12 oz	13	15 lb 8 oz	25		1. Wash potatoes. Cut in half lengthwise, leaving on skins.
Garlic salt		1/8 tsp		1/4 tsp		2. Mix spices and place in spice shaker.
Celery salt		1/8 tsp		1/4 tsp		
White pepper		1/8 tsp		1/4 tsp		
Black pepper		1/8 tsp		1/4 tsp		
Paprika		1 tsp		2 tsp		
Salt		1/4 tsp		1/2 tsp		
Vegetable oil		2 Tbsp		1/4 cup		3. Spread 2 Tbsp (1 oz) of oil in each steamtable pan (12" x 20" x 2 1/2"). 4. Place 13 potato halves in each pan, cut-side down, to lightly coat potato surface with oil. Turn cut-side up. 5. Sprinkle spice mixture over potatoes. 6. Turn potatoes cut-side down for browning. 7. **To Bake:** Conventional Oven 450° F, 25 to 30 minutes Convection Oven 425° F, 20 to 25 minutes Bake until surface is golden brown.

(over)

⅓ cup of vegetable 50 servings: 50 half-potatoes

Nutrients Per Serving

Calories	143	Saturated Fat	.4 g	Iron	1.6 mg
Protein	3 g	Cholesterol	0 mg	Calcium	12 mg
Carbohydrate	29 g	Vitamin A	11 RE/112 IU	Sodium	88 mg
Total Fat	2.3 g	Vitamin C	15 mg	Dietary Fiber	3 g

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U.S. Department of Agriculture • Food and Nutrition Service • FNS-304 • 1999

KEEPING KIDS

SAFE

A Guide for Safe Food Handling & Sanitation

For
Child Care
Providers

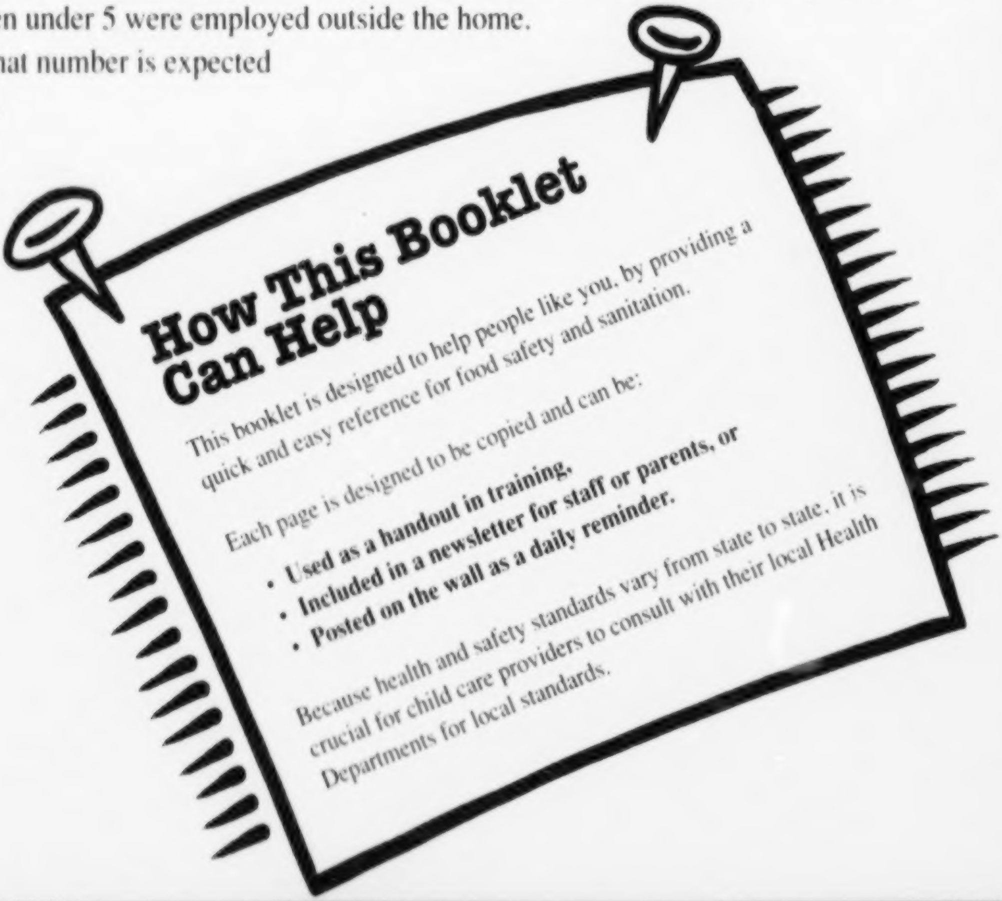
FOOD SAFETY AND SANITATION

Today, more than ever, food safety and sanitation are emerging as important issues for child care providers.

Why?

- **Children under 5 years old are especially susceptible to foodborne illnesses, which can cause serious side-effects, even death.**
- **Children in diapers present special sanitation and health problems. For instance, illness originally caused by foodborne bacteria can easily be spread by diapered children with diarrhea.**

These issues are more crucial than ever before because more children are being cared for out of the home. Growth in the child care industry will continue to be dramatic. In 1970 only 30 percent of women with children under 5 were employed outside the home. By the year 2000, that number is expected to reach 75 percent.



How This Booklet Can Help

This booklet is designed to help people like you, by providing a quick and easy reference for food safety and sanitation.

Each page is designed to be copied and can be:

- **Used as a handout in training,**
- **Included in a newsletter for staff or parents, or**
- **Posted on the wall as a daily reminder.**

Because health and safety standards vary from state to state, it is crucial for child care providers to consult with their local Health Departments for local standards.

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HANDWASHING

HERE'S WHY HANDWASHING IS IMPORTANT.

Children in diapers present special health challenges for other children and as well as for child care providers. According to some studies:

- diarrhea is 30 percent more common in day care children than children cared for at home and, day care workers have higher rates of diarrheal illness.

WHEN TO WASH?

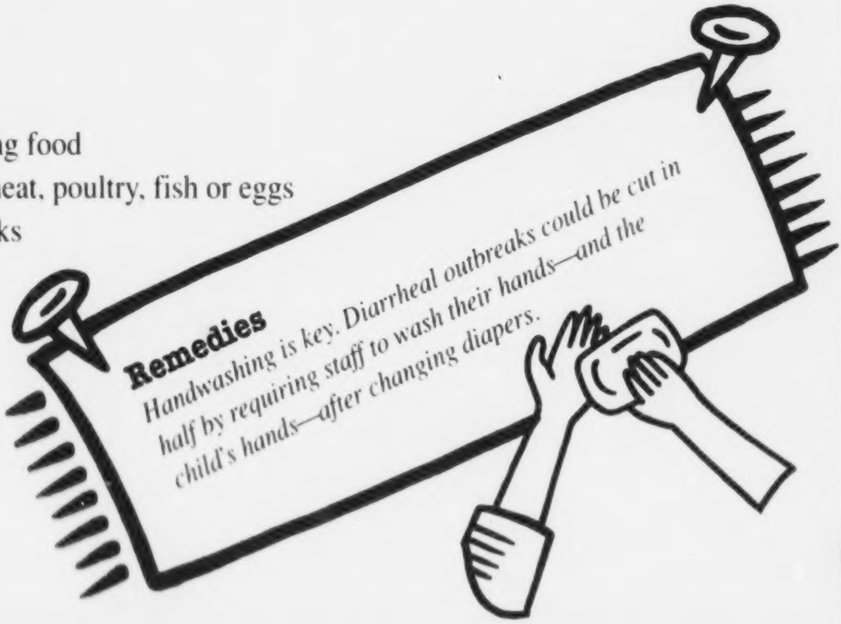
Key times for staff AND children include:

IN THE BATHROOM

- AFTER using the toilet
- AFTER changing diapers, (remember to wash the hands of the diapered child too!)
- AFTER helping a child at the toilet
- WHENEVER hands come in contact with body fluids, including vomit, saliva and runny noses

IN THE KITCHEN

- BEFORE fixing or eating food
- AFTER touching raw meat, poultry, fish or eggs
- AFTER meals and snacks



Remedies

Handwashing is key. Diarrheal outbreaks could be cut in half by requiring staff to wash their hands—and the child's hands—after changing diapers.

GERMS ON THE RUN!

While you and the children are washing hands, try this ditty:

Washing Hands Can Be Fun, Fun, Fun
Germs On The Run, Run, Run

Power 'em out—Pow
Power 'em out—Ka-zow!
Germs On The Run, Run, Run

Remember these handwashing instructions:
- **use warm running water and soap**
- **wash for 10-20 seconds**
- **rinse**
- **dry with paper towel**

DISINFECTING TIPS

When to "Disinfect" and when to "Sanitize?"

Disinfect refers to cleaning surfaces with the use of chemicals and virtually eliminating all germs. Diaper changing tables, for instance, always need to be disinfected. The Environmental Protection Agency regulates the use of disinfectants.

Sanitize is a less rigorous cleaning, designed to remove filth or soil and small amounts of certain bacteria. Surfaces that come in contact with food, like counters, are sanitized. Soap, detergent, or abrasive cleaners may be used to sanitize. The Food and Drug Administration regulates the use of sanitizer on food contact surfaces.

Whether you are using a commercial disinfectant or a sanitizer, always follow label directions carefully. Note where and how the product can be used.

Note: If you are mixing your own disinfecting solution, The National Health and Safety Performance Standards for Child Care recommend 1/4 cup bleach in 1 gallon water. Mix fresh daily. And never mix bleach with anything other than water. A poisonous gas can result.

TO PREVENT THE SPREAD OF GERMS

WHAT THINGS NEED TO BE CLEANED REGULARLY?

Diapering tables
Toys
Kitchen counter tops
Food preparation equipment, like mixers
High chair trays

SAFE DIAPERING

THREE KEYS TO KEEPING YOURSELF AND YOUR CHILDREN HEALTHY

- **Use the diapering area ONLY for diapering. Never change diapers where you prepare or serve food.**

- **Changing tables should be cleaned and disinfected after each use. A variety of commercial disinfecting solutions are available. Directions on product labels should be followed closely.**

- **Always wash your hands and the child's hands—even if hands look clean.**

Illness Alert—Bloody diarrhea in a child may be a symptom of a potentially deadly food poisoning caused by *Escherichia coli* O157:H7. Children who are not toilet-trained are especially likely to spread the infection. Family members and day care providers should pursue medical treatment for the child and consult their local health department for advice on preventing the spread of the infection.

SAFE HANDLING OF BOTTLES

CLEAN

- Wash bottles, bottle caps and nipples in the dishwasher OR hand wash, rinse and boil for 5 minutes or more just before re-filling.

REFRIGERATE

- Keep filled bottles of formula or breast milk in the refrigerator until just before feeding
- Refrigerate open containers of ready-to-feed or concentrated formula

WARMING

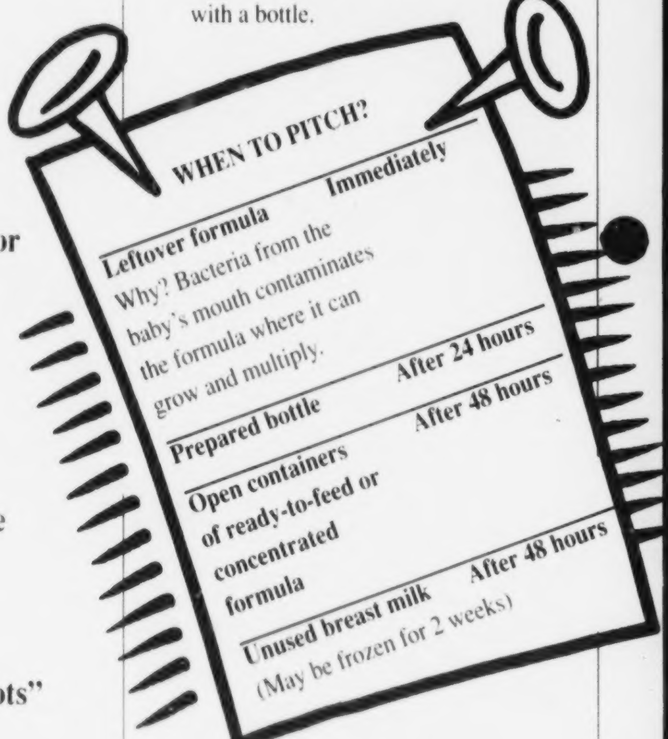
- Place bottles in hot (not boiling) water for 5 minutes
- Shake well and test milk temperature to make sure it's not too hot before feeding

NEVER MICROWAVE BABY BOTTLES

Why? Microwaves heat unevenly. Resulting "hot spots" can scald baby's mouth and throat.

Baby Bottles: Most Important to Remember

- Use bottles only once, then clean thoroughly before using again.
- To avoid tooth decay, and ear infections, don't put babies to bed with a bottle.



WHEN TO PITCH?

Leftover formula Why? Bacteria from the baby's mouth contaminates the formula where it can grow and multiply.	**Immediately**
Prepared bottle	**After 24 hours**
Open containers of ready-to-feed or concentrated formula	**After 48 hours**
Unused breast milk (May be frozen for 2 weeks)	**After 48 hours**

Final note: Check "Use by" dates on formula. If it has passed, stay safe. Throw it out.

SAFE HANDLING OF BREAST MILK

ADVICE FOR MOTHERS

Because babies are especially susceptible to bacteria, we want to help you—the parent—keep your baby safe.

Keep these guidelines in mind when preparing breast milk for your child to use while in our care.

Guidelines:

- Store breast milk in sterilized bottles
- Label each container with the name of the child, date and time milk was pumped
- Refrigerate promptly and use within two days, or
- Freeze and use within 2 weeks

SAFE HANDLING OF BABY FOOD

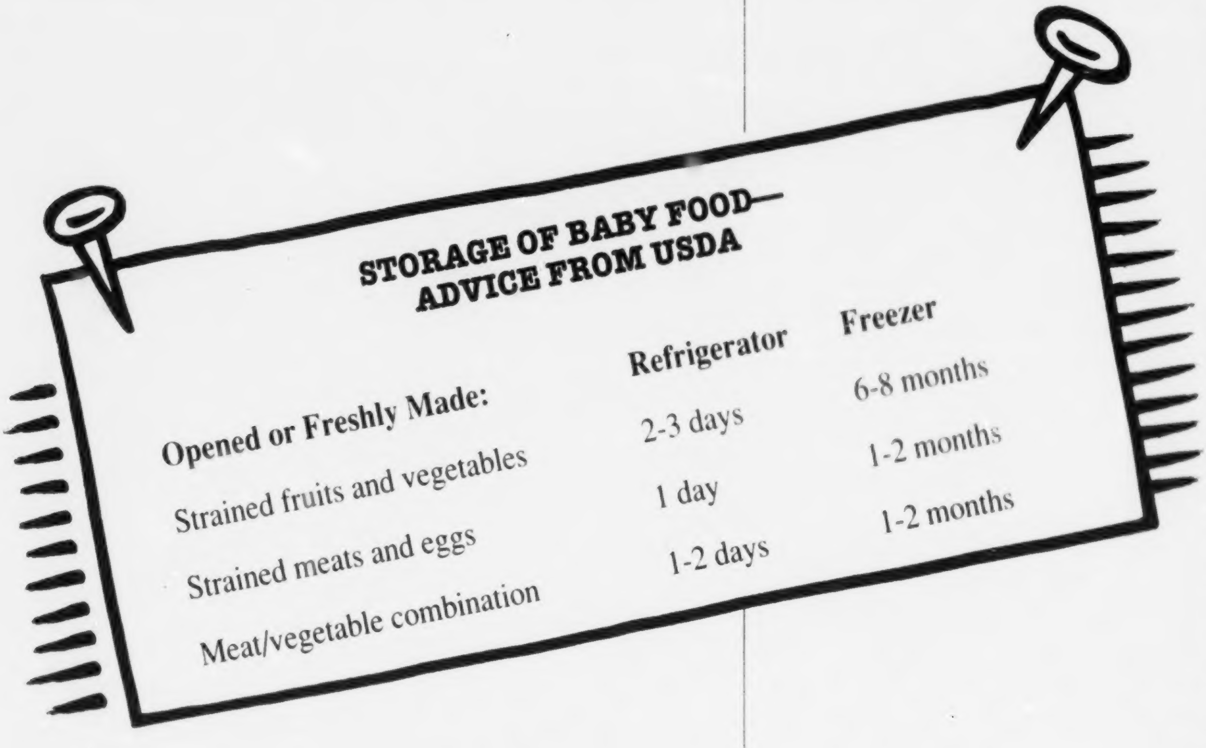
- **Serve food to the baby from a dish—not from a jar or can—AND**
- **Throw away uneaten food from the dish**

WHY?
The surface of the container hasn't been cleaned and may contain harmful bacteria.

Also, bacteria from the baby's mouth contaminates the food, where it can grow and multiply before being served again. Too many bacteria can make the baby sick.

Special Notes:

- Check "Use by" dates on baby foods. If the date has passed, throw it out.
- Check to see that the safety button in the lid is down. If the jar lid doesn't "pop" when opened, or is not sealed completely, don't use it.
- Don't heat baby foods in jars in the microwave. The heat is uneven and can product "hot spots" that can scald baby's mouth and throat.



STORAGE OF BABY FOOD—ADVICE FROM USDA

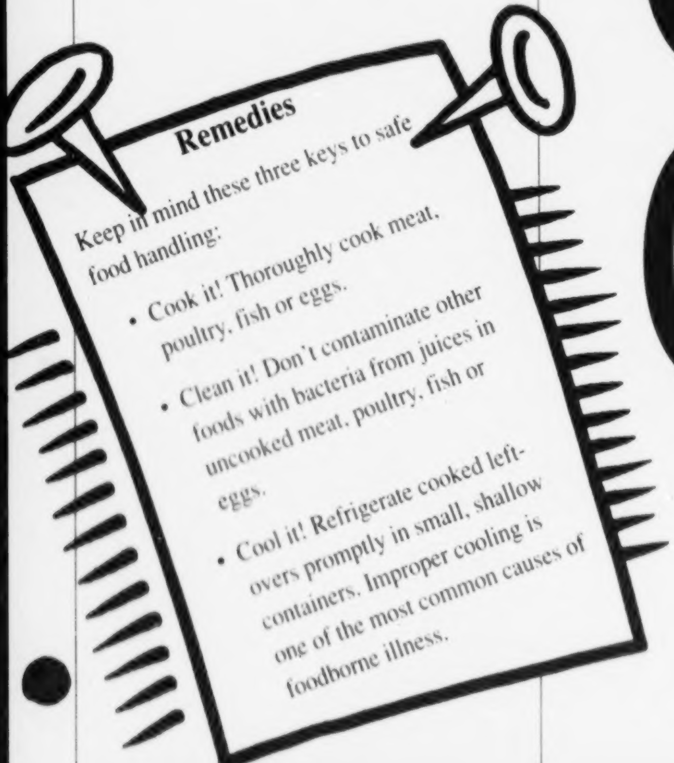
Opened or Freshly Made:	**Refrigerator**	**Freezer**
Strained fruits and vegetables	2-3 days	6-8 months
Strained meats and eggs	1 day	1-2 months
Meat/vegetable combination	1-2 days	1-2 months

FOOD SAFETY BASICS FOR CHILDREN

Here's Why Food Safety Is Important.

Children under 5 are susceptible to foodborne illness because their immune systems aren't fully developed. Because of this, illness can lead to serious complications, even death.

Some foods pose special risks. These foods include: raw or undercooked meat, poultry, fish or eggs, and unpasteurized milk.

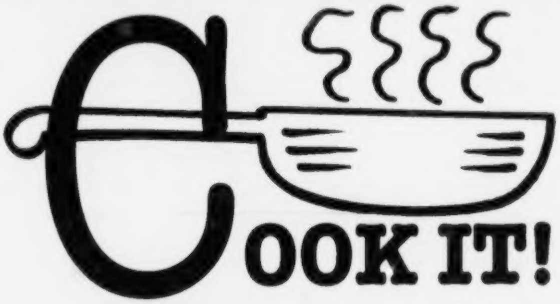


Remedies

Keep in mind these three keys to safe food handling:

- Cook it! Thoroughly cook meat, poultry, fish or eggs.
- Clean it! Don't contaminate other foods with bacteria from juices in uncooked meat, poultry, fish or eggs.
- Cool it! Refrigerate cooked leftovers promptly in small, shallow containers. Improper cooling is one of the most common causes of foodborne illness.

BASIC SAFE FOOD HANDLING



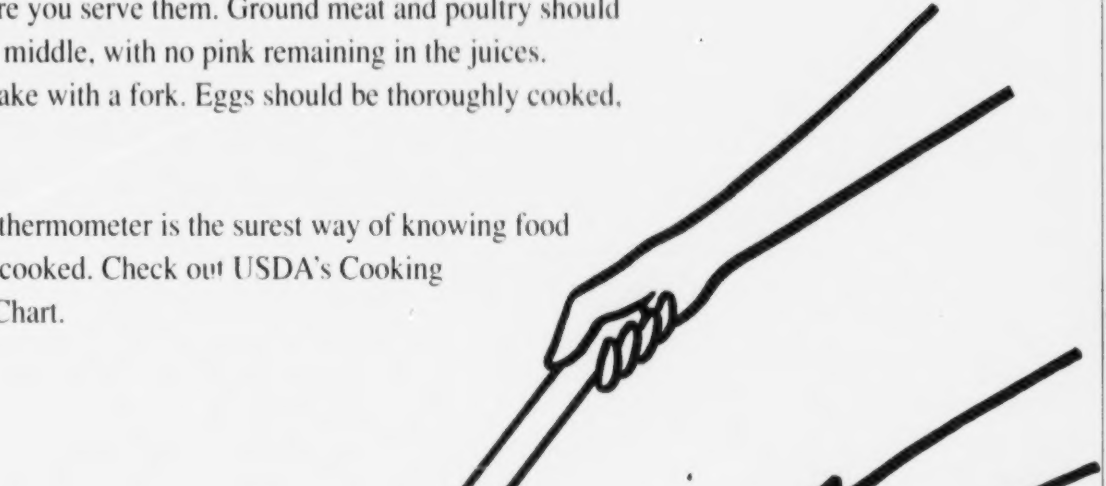
COOK IT!

COOK IT!

Cooking food thoroughly is the single best protection you and your children have against foodborne illness.

When you're not using a thermometer, look carefully at meat products before you serve them. Ground meat and poultry should be gray in the middle, with no pink remaining in the juices. Fish should flake with a fork. Eggs should be thoroughly cooked, not runny.

Using a meat thermometer is the surest way of knowing food is thoroughly cooked. Check out USDA's Cooking Temperature Chart.



COOK IT!

Cooking Temperatures

NOTE: *This cooking temperature chart is different from the one included in "Keeping Kids Safe" when originally published in 1996. The chart has been updated based on revised information in the Food Code, but the temperatures below provide an extra margin of safety because you are cooking for young children. A more cautious approach is recommended so that children are protected from food borne illness. They are more susceptible than the general population.*

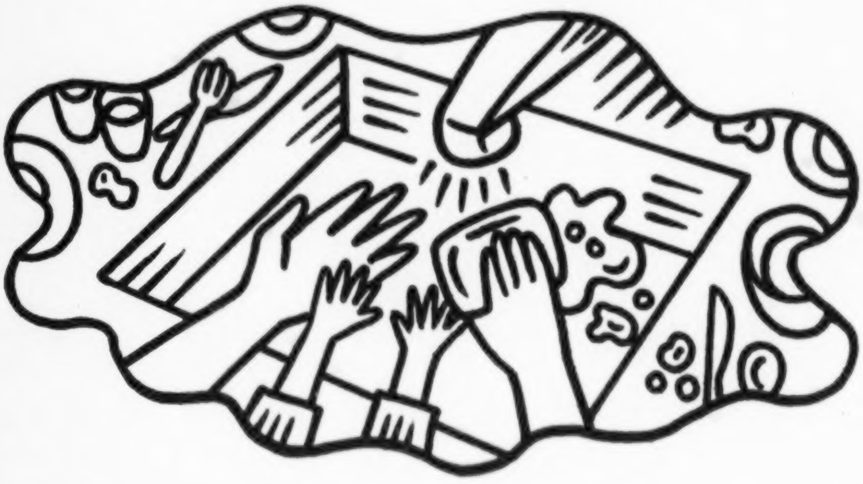
Product	Fahrenheit* *(minimum temperature for finished, cooked food)*
Eggs & Egg Dishes	155°
Fresh Beef, Pork, Ham, Veal, Lamb roasts, steaks and chops, ground meat and meat mixtures	160°
Poultry Chicken, Turkey, Duck, Goose including stuffing	170°
Seafood Fin fish, Shrimp, Minced fish such as fish sticks, fish or seafood patties, seafood stuffing, Oysters, Clams, Mussels	165°
All Foods Cooked in the Microwave	165°, with continued stirring, then hold covered 2 minutes

**Use a meat thermometer to make sure that food has reached the proper internal temperature to be thoroughly cooked.*

CLEAN IT!

CLEAN IT!

- **WASH hands and work surfaces, like counters BEFORE starting food preparations**
- **WASH hands, working surfaces and utensils AFTER touching raw meat or poultry. And if children have helped in meal preparation, make sure they wash their hands as well.**



Why is this important? Raw meat, poultry and eggs can contain dangerous bacteria. To keep bacteria from spreading, it's important to wash anything that comes in contact with these raw foods.

For instance, don't chop salad vegetables on a cutting board where you've just trimmed raw meat or poultry. Clean the board thoroughly before using again.

A Helpful Hint: To prevent the spread of bacteria from raw foods, store them on the bottom shelf of your refrigerator or on a plate. This helps prevent juices from dripping on other foods, like fruits and vegetables.

COOL IT!

Cooling Tips:

One of the most common causes of food-borne illness is improper cooling.

Cooked food needs to be cooled rapidly so dangerous bacteria don't multiply.

Because of this, cooked food needs to go into the refrigerator while it's still hot. It's not safe to cool it on the counter.

Cooked food needs to be stored in shallow containers—less than 3 inches deep—to speed up cooling. And don't cover the food until it's cool.

(P.S. Double check to make sure that no juices from raw meat or poultry can drip onto uncovered, cooling foods.)

COOL IT!

HOW LOW WILL IT GO?

How long would it take for the temperature to drop to a safe level if you were to refrigerate an 8 inches stock pot of steaming chicken soup?

24 HOURS!!

To be safe, store hot food in shallow containers in layers less than: **THREE INCHES** deep

NOTE: *These SHORT but safe time limits will help keep refrigerated food from spoiling or becoming dangerous to eat. These time limits will keep frozen food at top quality.*

COOL IT!

COLD STORAGE

Product	Refrigerator (40° F)	Freezer (0° F)
Eggs		
Fresh, in shell	3 weeks	Don't freeze
Raw yolks, whites	2-4 days	1 year
Hardcooked	1 week	Don't freeze well
Liquid pasteurized eggs or egg substitutes, opened	3 days	Don't freeze
and unopened	10 days	1 year
Mayonnaise, commercial		
Refrigerate after opening	2 months	Don't freeze
TV Dinners, Frozen Casseroles		
Keep frozen until ready to serve		3-4 months
Deli & Vacuum-Packed Products		
Store prepared (or homemade) egg, chicken, tuna, ham, macaroni salads	3-5 days	
Pre-stuffed pork & lamb chops, chicken breasts stuffed with dressing	1 day	
Store-cooked convenience meals	1-2 days	
Commercial brand vacuum packed dinners with USDA seal	2 weeks, unopened	
Soups & Stews		
Vegetable or meat-added	3-4 days	2-3 months
Hamburger, Ground & Stewed Meats		
Hamburger & stew meats	1-2 days	3-4 months
Ground turkey, veal, pork, lamb & mixtures of them	1-2 days	3-4 months
Hotdogs & Lunch Meats		
Hotdogs, opened package	1 week	
unopened package	2 weeks	In freezer wrap
Lunch meats, opened	3-5 days	1-2 months
unopened	2 weeks	
Bacon & Sausage		
Bacon	7 days	1 month
Sausage, raw from pork, beef, turkey	1-2 days	1-2 months
Smoked breakfast links, patties	7 days	1-2 months
Hard sausage—pepperoni, jerky sticks	2-3 weeks	1-2 months
Ham, Corned Beef		
Corned beef in pouch with pickling juices	5-7 days	1 month
Ham, canned - Label says keep refrigerated	6-9 month	Don't freeze
Ham, fully cooked—whole	7 days	1-2 months

COOL IT!

Also important:

- Because bacteria multiply rapidly at room temperature, remember to promptly refrigerate perishable groceries.

And,

- Never thaw food on the counter. Thaw in the refrigerator, under cold running water, or in the microwave. (Plan to cook right away, should you thaw in the microwave.)

COLD STORAGE

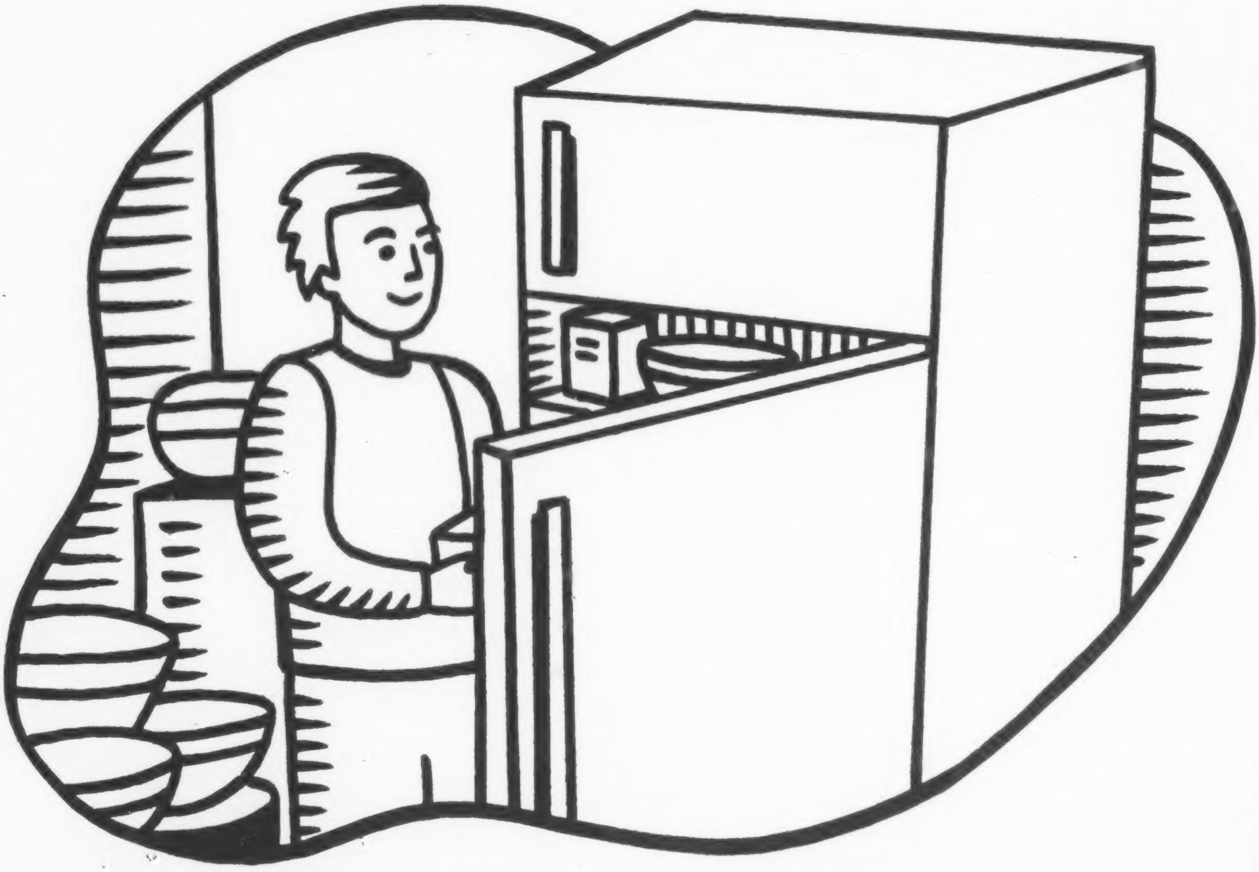
Product	**Refrigerator (40° F)**	**Freezer (0° F)**
Ham, fully cooked—half	3-5 days	1-2 months
Ham, fully cooked—sliced	3-4 days	1-2 months
Fresh Meat		
Steaks, Beef	3-5 days	6-12 months
Chops, pork	3-5 days	4-6 months
Chops, lamb	3-5 days	6-9 months
Roasts, beef	3-5 days	6-12 months
Roasts, lamb	3-5 days	6-9 months
Roasts, pork & veal	3-5 days	4-6 months
Variety meats—Tongue, brain, kidney, liver, heart, chitterlings	1-2 days	3-4 months
Meat Leftovers		
Cooked meat and meat dishes	3-4 days	2-3 months
Gravy & meat broth	1-2 days	2-3 months
Fresh poultry		
Chicken or turkey, whole	1-2 days	1 year
Chicken or turkey pieces	1-2 days	9 months
Giblets	1-2 days	3-4 months
Cooked Poultry, Leftover		
Fried chicken	3-4 days	4 months
Cooked poultry dishes	3-4 days	4-6 months
Pieces, plain	3-4 days	4 months
Pieces covered with broth, gravy	1-2 days	6 months
Chicken nuggets, patties	1-2 days	1-3 months
Fin Fish		
Lean fish (cod, flounder, haddock, halibut)	1-2 days	6-12 months
Medium flavored fish (pollack, perch, rockfish, trout)	1-2 days	4-9 months
Full flavored fish (salmon, tuna, mackerel)	1-2 days	2-9 months
Shellfish		
Live lobster or crab	1-2 days	Don't freeze
Shrimp or scallops	2-3 days	3-5 months
Frozen Seafood		
Commercially frozen seafood		6-12 months
Lobster tail		6-8 months
Cooked seafood	1-2 days	3 months

COOL IT!

Cool It!

HANDLE LEFTOVERS SAFELY.

- Perishable foods that have been served to children and not eaten should be thrown away.
- Why? Because bacteria multiplies rapidly in food left at room temperature. Food that has been prepared, but not served, should be refrigerated immediately. Serve within 24 hours or throw away.



COOL IT!

FIELD TRIP FOOD SAFETY

- **Bacteria can quickly multiply to dangerous levels when foods, like sandwiches, are left at room temperature.**

Keep foods safe by:

- **Keeping sandwiches in an insulated lunch bag with a frozen gel pack OR with a frozen juice box**
- **Freezing sandwiches overnight. They'll thaw by lunchtime, but stay cold and safe.**
- **Packing sandwiches in a cooler with ice or cold source**

Keep Cold

Some foods that need to stay cold include:

- Meat and poultry sandwiches or salads
- Tuna and egg salads
- Milk, cheese or yogurt
- Opened cans of fruit or pudding
- Peeled or cut fruits and vegetables

Room Temp Safe

Some foods that don't need to be kept cold include:

- Peanut butter sandwiches
- Cookies
- Crackers
- Commercially dried fruit
- Unopened cans of fruit or pudding
- Unopened juice boxes
- fruit-filled pastries

A SPECIAL ALERT: Unpasteurized milk is not safe for children. It can be a source of *E. coli* O157:H7, as well as other potentially harmful bacteria. If your children are on a field trip to a dairy, **NEVER** let them sample raw, unpasteurized milk.

RESOURCES

Order Now!

"The ABC's of Safe and Healthy Child Care"— Low-cost video and poster on handwashing and diaper changing from the Centers for Disease Control and Prevention. Only $20-25 for the video and $5 for the poster. Call:

- **The Public Health Foundation**, 1-800-418-7246. Order numbers: Tape, VT-006, Poster, VT-006PE (English) or VT-006PS (Spanish).

OR

- **National Technical Information Service**, 1-800-CDC-1824. Order numbers: Tape, AVA 19692-VNB1. Poster PB95-188199 (English) or PB95-188207 (Spanish).

For general child care information as well as a copy of the **National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs***, contact:

National Maternal and Child Health Clearing House
2070 Chain Bridge Road
Suite 450
Vienna, VA 22182
703/821-8955

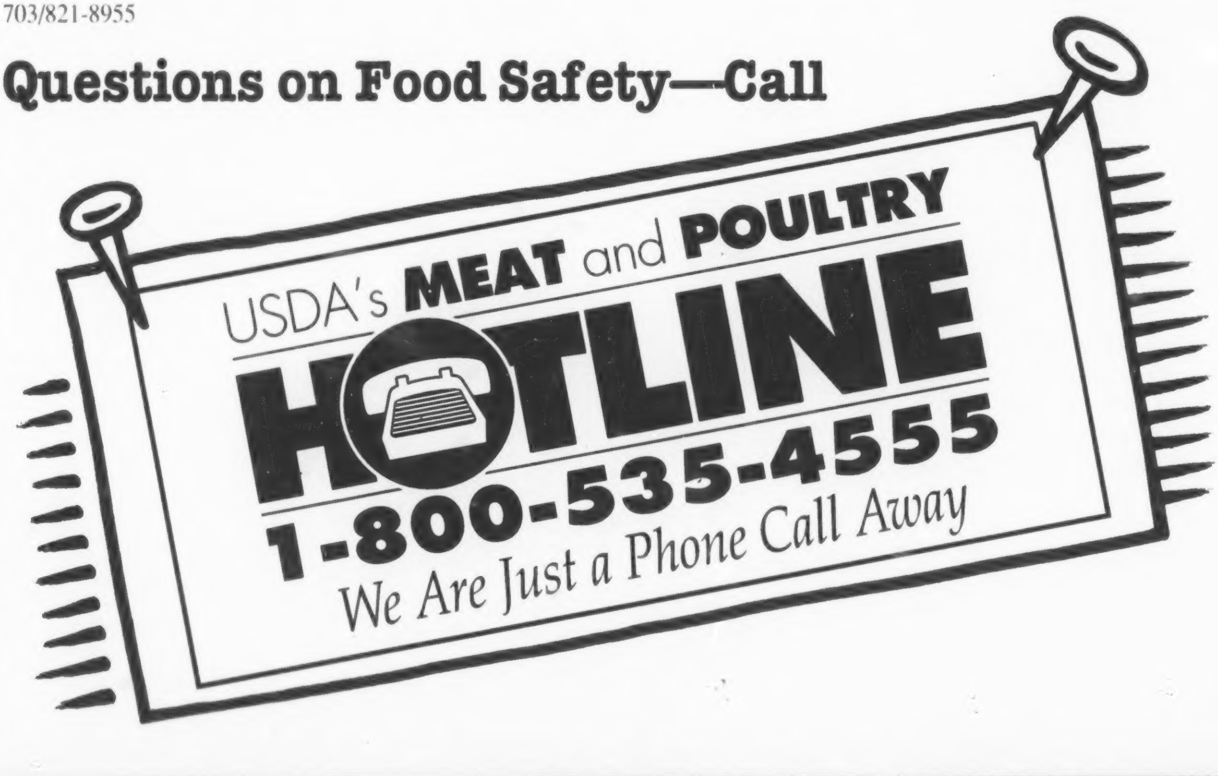
*Always check with your local health department for standards and guidelines that apply to child care.

OTHER LOCAL RESOURCES	PROVIDES
The American Red Cross	a 27 hour course on health issues for child care
USDA Extension offices	training, publications
Local chapters/American Academy of Pediatrics	training materials, videos

FEDERAL RESOURCES	PROVIDES
Food Safety and Inspection Service U.S. Department of Agriculture Washington, D.C. 20250	USDA Meat and Poultry Hotline 1-800-535-4555 weekdays, 10-4 ET FSIS Home Page in the World Wide Web: http://www.usda.gov/fsis
Food and Drug Administration Center for Food Safety and Applied Nutrition 200 C St., S.W. Washington, D.C. 20204	Seafood Hotline 1-800-332-4010 weekdays, 12-4 ET; Information on the FDA Food Code
Child Care Bureau Administration for Children and Families Health and Human Services 400 Sixth St., SW Washington, D.C. 20013 202/205-8347	Child Care Clearinghouse 1-800-616-2242 Newsletter
Child & Adult Care Food Program Food and Nutrition Service, USDA 3101 Park Center Drive Alexandria, Va. 22301	Administers USDA Child and Adult Care Food Program
National Food Service Management Institute The University of Mississippi P.O. Drawer 188 University, Mississippi 38677-3054 601/232-7658	Training to USDA funded child care providers

FEDERAL RESOURCES	PROVIDES
Foodborne Illness Education Information Center National Agriculture Library Room 304 10301 Baltimore Blvd. Beltsville, Md. 20705-2351	Resource center for USDA funded child care providers
National Resource Center for Health & Safety In Child Care 2000 15th St., N. Suite 701 Arlington, Va. 22201-2617 703/524-7802	Publications, resources
National Maternal and Child Health Clearinghouse 2070 Chain Bridge Road Suite 450 Vienna, VA 22182 703/821-8955	Clearinghouse

Questions on Food Safety—Call


USDA's MEAT and POULTRY
HOTLINE
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We Are Just a Phone Call Away

ORGANIZATIONS

American Academy of Pediatrics
141 Northwest Point Blvd.
P.O. Box 927
Elk Grove Village, Ill. 60009-0927
847/228-5005

American Dietetic Association
216 W. Jackson Blvd.
Ste. 800
Chicago, Ill. 60606
312/899-0040

American Public Health Association
1015 15th St., N.W.
Washington, D.C. 20005
202/789-5600

American Red Cross
Health and Safety Operations
430 17th St., N.W.
Washington, D.C. 20006
202/737-8300

Early Childhood Directors Association
450 North Syndicate
Suite 80
St. Paul, Minn. 55104
612/603-5853

National Association for the Education of Young Children
1509 16th St.,
Washington, D.C. 20036
202/328-2603

National Center for Education in Maternal & Child Health
Georgetown University
2000 Fifteenth Street North
Suite 701
Arlington, VA 22201
703-524-7802

USDA

United States Department of Agriculture
Food Safety and Inspection Service

November 1996

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